Dalda COOKBOOK

Gold Edition

SOUPS & SALADS

01 Chicken Corn Soup

Ingredients:

Chicken Stock	4–6 cups
Chicken (shredded)	1 cup
Salt	as per taste
Garlic Paste	½ tsp.
White Pepper Powder	1 tsp.
Sugar	1 tsp.
Chinese Salt	1 tsp.
Corn Kernels	½ cup
Egg	2
Vinegar	2 tbsp.
Soya Sauce	2 tbsp.
Corn Flour	2–3 tbsp.
Dalda Cooking Oil	2 tbsp.

Garnish:

Green Chillies (chopped)
Vinegar
Soya Sauce
Chilli Sauce
Spring Onion (finely chopped)

Method:

- To make the chicken stock, boil ½ kg chicken bones in a pot with 8–10 cups of water until only four cups of stock remain. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- In a separate pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes and sauté garlic for a minute. Add chicken and cook until water from the chicken dries; then add the chicken stock
- Coarsely grind corn kernels and add to the soup. Dilute corn flour in 4 tablespoons of water and pour it slowly into the soup, stirring continuously to avoid lumps
- Add salt, white pepper, sugar, Chinese salt and beaten eggs and mix well. In the end, add vinegar and soya sauce

Presentation:

Serve hot with garnish on the side.

Tip:

If fresh corn is not available, use a can of sweet corn.

Handy Hint

Chinaware often develops permanent tea or coffee stains. To remove the stains, mix salt and baking soda in equal amounts and sprinkle a little water to make a thick paste. Apply on the stain for a few minutes and then wash. This tip can also be used for stains on plastic crockery.

02 Mulligatawny Soup

Ingredients:

Chicken Stock	4–6 cups
Garlic Paste	1 tsp.
Salt	as per taste
Tomato Paste	2 tbsp.
Cinnamon Stick	2 inch piece
Bay Leaf	1
Apple	1 medium
Bananas	2
White Pepper Powder	1 tsp.
Curry Powder*	1 tsp.
Gram Flour	4 tbsp.
Dalda Cooking Oil	4 tbsp.

Garnish:

Chicken (boiled & shredded)	1 cup
Butter	1 tbsp.
Lemon Juice	2–3 tbsp.
Fried Rice	½ cup
Parsley (chopped)	2 tbsp.
Fresh Cream	as required

Method:

- To make the chicken stock, boil ½ kg chicken bones in a pot with 8–10 cups of water until only four cups of stock remain. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- In a separate pot, heat Dalda Cooking Oil on medium heat for 2–3 minutes and sauté garlic for a minute. Add gram flour and stir until fragrant
- Peel the apple and bananas and cut them into small cubes. Add them to the pot and mix well
- Add salt, cinnamon, bay leaf, white pepper, curry powder, tomato paste and chicken stock. Mix well
- Cook the soup for 15–20 minutes, blend to a fine paste and then strain

Presentation:

Serve hot with garnish on the side. To make the fried rice, boil the rice and stir-fry with 2 tablespoons of Dalda Cooking Oil until golden.

*Tip:

In case curry powder is not available, mix equal quantities of red chilli powder, turmeric, coriander powder and cumin seeds and use accordingly.

Handy Hint

If glass oven dishes get burnt, clean them with a damp cloth dipped in salt.

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03 Cream of Tomato Soup

Ingredients:

Chicken Stock or Water	4 cups
Tomatoes	1 kg
Salt	as per taste
White Pepper Powder	1 tsp.
Sugar	2 tbsp.
Chinese Salt	1 tsp.
Plain Flour	2 tbsp.
Dalda Cooking Oil	2 tbsp.

Garnish:

Fresh Cream	½ cup
Croutons	as required

(to make croutons, dice a bread slice and deep fry in hot Dalda Cooking Oil)

Method:

- To make the chicken stock, boil ½ kg chicken bones in a pot with 8–10 cups of water until only four cups of stock remain. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- Make a cross cut at the back of each tomato. Keep them in boiling water for 2–3 minutes and then in cold water for 2 minutes. The peel should come off easily now. Remove the peel and blend. Add the tomato paste to the stock and boil for 15–20 minutes
- In a heavy based pot, heat Dalda Cooking Oil on low heat for 2–3 minutes. Add flour and stir until fragrant. Gradually add the tomato soup, stirring continuously to avoid lumps
- In the end add salt, sugar, Chinese salt and white pepper and mix well

Presentation:

Serve hot with garnish on the side.

Tip:

To make crispy croutons, refrigerate the bread pieces for 10–15 minutes before frying.

Handy Hint

Cut left over bread into small pieces and fry them in Dalda Cooking Oil. to be served with soups as croutons.

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04 Thai Soup

Ingredients:

Chicken Stock	4 cups
Garlic Paste	1 tsp.
Salt	as per taste
Green Chillies (chopped)	6–8
Vinegar or Lemon Juice	¼ cup
White Pepper Powder	1 tsp.
Sugar	1 tbsp.
Chinese Salt	1 tsp.
Corn Flour	2 tbsp.
Dalda Cooking Oil	2–3 tbsp.

Garnish:

Chicken (boiled & shredded)	1 cup
Spring Onion (chopped)	1
Fried Rice*	½ cup
Lemon Juice	½ cup

Method:

- To make the chicken stock, boil ½ kg chicken bones in a pot with 8–10 cups of water until only four cups of stock remain. To avoid any heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- In a separate pot, heat Dalda Cooking Oil on low heat for 2–3 minutes. Sauté garlic slightly, add chicken stock and bring to a boil
- Add salt, green chillies, white pepper, sugar and Chinese salt and cook on low heat for 3–4 minutes
- Dissolve corn flour in 4 tablespoons of water and gradually pour it in the soup, stirring continuously
- Add vinegar or lemon juice in the end and remove from heat

Presentation:

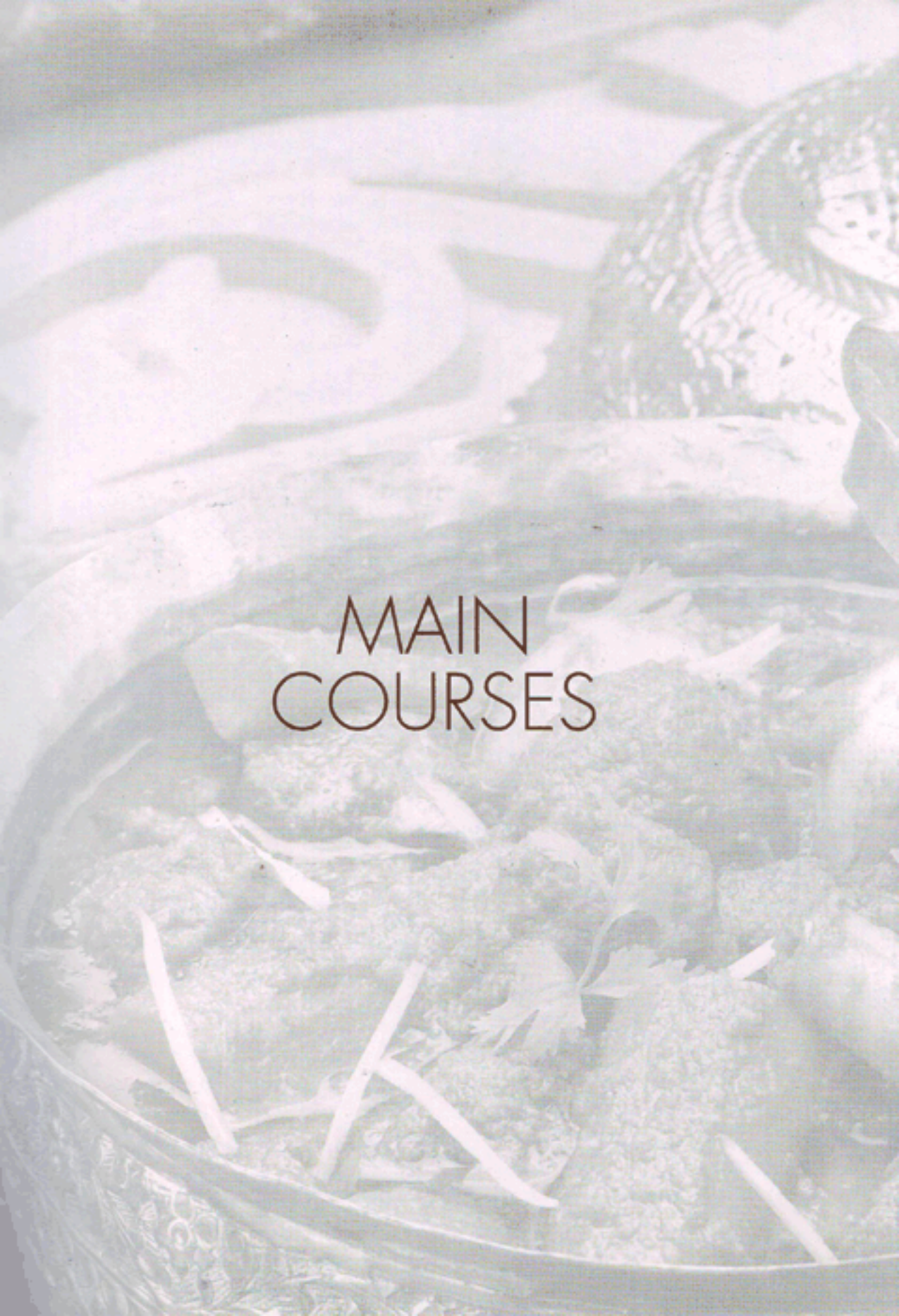
Garnish and serve hot with lemon juice kept separately.

*Tip:

For fried rice, stir-fry boiled rice in a frying pan with 1 tablespoon Dalda Cooking Oil.

Handy Hint

To preserve lemon juice, freeze it in an ice cube tray, store the cubes in a plastic bag and freeze.



MAIN COURSES

05 Burritos with Pina Colada

Ingredients for Mincemeat:

Mincemeat	200 grams
Red Beans	1 cup
Salt	as per taste
Garlic Paste	1 tsp.
Red Chilli Powder	1 tbsp.
Onion (finely sliced)	1 medium
Tomato Paste	½ cup
Dalda Cooking Oil	2 tbsp.

Ingredients for Puris:

Wheat Flour	1 cup
Plain Flour (Maida)	1 cup
Salt	as per taste
Dalda Cooking Oil	for frying

Garnish:

Capsicum (chopped)	1 medium
Cheddar Cheese (grated)	½ cup

Ingredients for Pina Colada:

Pineapple Juice	1 cup
Desiccated Coconut	½ cup
Sugar	2 tbsp.
Chilled Water	½ cup

Method for Mincemeat:

- Soak red beans in lukewarm water for 15–20 minutes and then boil them in a pot until tender
- In a separate pot, slightly heat Dalda Cooking Oil on medium heat for 3–5 minutes. Sauté onion and garlic for 3–4 minutes until soft. Add mincemeat and mix well
- Add salt, red chilli powder and tomato paste. Cover and cook until the water dries. Add the boiled beans, mix well and remove from heat

Method For Puris:

- Mix both the flours, add salt and 2 tablespoon Dalda Cooking Oil and knead into a hard dough with some water
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Roll out small puris from the dough and fry them till golden

Method For Pina Colada:

- Blend all the ingredients together. Serve chilled in a glass garnished with pineapple chunks

Presentation:

Arrange puris in a large platter and put 1 tablespoon mincemeat and beans on each. Garnish and serve with Pina Colada.

Tip:

Although Burritos are a starter for Mexican menus, if you want to serve them as a side dish ready-made tacos can be used instead of puris.

Handy Hint

For dry and cracked lips during winters, grind apple seeds and apply on lips at bedtime. Wash it off in the morning and apply some fresh cream.

06 Russian Salad

Ingredients:

Apples	2–3 medium
Pineapple chunks	1 cup
Potatoes	2–3 medium
Carrots	2 medium
Peas	1 cup
Salt	as per taste
White Pepper Powder	1 tsp.
Sugar	1 tbsp.
Lemon Juice	2 tbsp.
Mayonnaise*	1 cup
Fresh Cream	½ cup

*Ingredients For Mayonnaise:

Egg Yolks	2
Salt	¼ tsp.
White Pepper Powder	½ tsp.
Mustard Powder	½ tsp.
Sugar	1 tsp.
Vinegar or Lemon Juice	2 tbsp.
Dalda Cooking Oil	1 cup

Garnish:

Roasted Raisins	½ cup
Walnuts	½ cup

Method:

- For the mayonnaise, lightly beat egg yolks in a bowl with salt, white pepper, sugar and mustard
- Pour Dalda Cooking Oil a little at a time, beating continuously. Lastly, add vinegar and beat until thick. Refrigerate for some time
- Cut all the vegetables & fruits in equal sized cubes
- In 1 litre boiling water, cook each vegetable separately on high heat for 3–5 minutes, drain and refresh with cold water
- Mix all the fruits and vegetables with lemon juice, salt, white pepper and sugar
- Whip cream, mix with mayonnaise and add to the fruits and vegetables. Mix well and refrigerate

Presentation:

Shift the salad to a bowl layered with lettuce leaves. Garnish and serve chilled.

Tip:

For this salad, chunks of boiled chicken or hunter beef can also be used.

Handy Hint

Before serving ice cream, keep empty serving bowls in the freezer for two hours. This will keep the ice cream from melting quickly when served.

07 Chinese Chicken Parcels

Ingredients:

Chicken Breast Fillets	1 kg
Salt	as per taste
Garlic (crushed)	4 cloves
Ginger (julienne)	2 tbsp.
White Pepper Powder	1 tsp.
Vinegar	4 tbsp.
Soya Sauce	4 tbsp.
Spring Onions (chopped)	3–4
French Beans	2 cups
Sugar	1 tbsp.
Dalda Cooking Oil	for frying

For Packing:

Butter Paper

Method:

- Marinate the chicken with salt, white pepper, garlic, sugar, soya sauce and vinegar. Keep aside for at least an hour
- Cut butter paper into square pieces, slightly brushing each with Dalda Cooking Oil. Place each chicken fillet on it
- Sprinkle ginger, spring onions and finely chopped beans on the chicken
- Fold each square like an envelope with three corners at the centre to enclose the chicken filling. Then fold each envelope into half to make a rectangle with a pointed flap. Fold the flap over the rectangle to make a neat parcel and secure with a tooth pick
- In a wok, heat Dalda Cooking Oil for 3–5 minutes on medium heat. Deep fry the parcels for 2 minutes on each side

Presentation:

Arrange in a platter and serve hot.

Tip:

In case french beans are not available, any green beans or frozen french beans can be used.

Handy Hint

To keep coriander and celery fresh, wrap them in aluminum foil and refrigerate.

08 Beef Burgers

Ingredients:

Mincemeat	½ kg
Salt	as per taste
Garlic Paste	1 tbsp.
Black Pepper (freshly ground)	1 tbsp.
White Pepper (crushed)	1 tbsp.
Tomato Paste	2 tbsp.
Tomato Ketchup	2 tbsp.
Mustard Paste*	1 tbsp.
Chinese Salt	1 tsp.
Vinegar	2 tbsp.
Soya Sauce	2 tbsp.
Butter or Margarine	2 tbsp.
Eggs	2
Milk	4 tbsp.
Bread Crumbs	1 cup
Dalda Cooking Oil	for frying

For Presentation:

Buns	10–12
Mayonnaise	½ cup
Tomato Ketchup	½ cup
Mustard Paste*	1 tbsp.

Method:

- Add salt, garlic, black pepper, white pepper, tomato paste, tomato ketchup, mustard paste, Chinese salt, vinegar, soya sauce, butter or margarine, eggs and milk in mincemeat and knead well. Refrigerate for 2 hours
- Mix mincemeat with bread crumbs and make patties and refrigerate for 10–15 minutes
- In a frying pan, heat 2 tablespoons of Dalda Cooking Oil on medium heat for 2 minutes. Fry the patties on high heat for 2–3 minutes, turning on both sides

Presentation:

Cut the buns from the centre, spread mayonnaise on one half with a drop of mustard paste and put patty on it. Spread some ketchup on the other half and cover the patty. Serve with French Fries.

*Tip:

To make mustard paste at home, mix 2 tablespoons of vinegar with 2 tablespoons of Dalda Cooking Oil and 2 tablespoons of mustard powder.

Handy Hint

Patties can be frozen for a week in an airtight container before frying.

09 Halwa Puri

Ingredients for Suji Ka Halwa:

Semolina	1 cup
Sugar	1 ½ cups
Water	3 cups
Cloves	2
Kewra Essence	a few drops
Yellow Food Color	a pinch
Cardamom, almonds, pistachios	as required
Dalda VTF Banaspati	½ cup

Ingredients for Chanay Ka Salan:

Chickpeas (boiled)	½ kg
Ginger Garlic paste	1 tbsp.
Salt	as per taste
Brown Onions	½ cup
Tomatoes (chopped)	5–6 medium
Red Chillies (crushed)	1 tbsp.
Turmeric Powder	1 tsp.
Cumin Seeds	1 tsp.
Garam Masala Powder	1 tbsp.
Black Pepper Powder	½ tsp.
Sugar	1 tbsp.
Tamarind Pulp	½ cup
Dalda Cooking Oil	½ cup

Ingredients For Aalo Bhaji:

Potatoes (boiled & cubed)	½ kg
Garlic (crushed)	1 tsp.
Salt	as per taste
Red Chillies (crushed)	1 tbsp.
Fenugreek Seeds	½ tsp.
Nigella Seeds	½ tsp.
Mustard Seeds	½ tsp.
Oregano Seeds	½ tsp.
Sugar	1 tbsp.
Tamarind Pulp	½ cup
Dalda Cooking Oil	4–6 tbsp.

Ingredients For Puris:

Plain Flour (Maida)	½ kg
Salt	a pinch
Yogurt	1 cup
Dalda VTF Banaspati	for frying

Method for Suji ka Halwa:

- In a wok, slightly heat Dalda VTF Banaspati for 2–3 minutes and add cardamom and cloves. Then add semolina and stir till fragrant
- In another pan, stir sugar with water and add food color. Bring to a boil and add this syrup to semolina. Stir well, cover and cook on low heat till the water dries
- Add kewra essence in the end. Sprinkle almonds and pistachios and serve hot

Method for Chanay Ka Salan:

- In a pot, slightly heat Dalda Cooking Oil for 2–3 minutes and sauté ginger garlic paste
- Add cumin and the remaining dry spices. Mix well. Sprinkle a little water and stir the spices for a few minutes
- Add onion and tomatoes and stir until tomatoes are tender. Add chickpeas, stir once and add 2 cups of lukewarm water, sugar and tamarind. Simmer on low heat for 5–7 minutes
- Mix salt and black pepper in the end and remove from stove

Method for Aalo Bhaji:

- Boil 1 ½ cups of water and add red chillies and nigella seeds
- Add potatoes and cook until gravy thickens
- In a frying pan, slightly heat Dalda Cooking Oil for 2–3 minutes and add mustard, fenugreek, garlic and oregano. When they pop, pour the tarka on the potatoes and cook for 4–5 minutes
- Add salt, sugar and tamarind. Mix well and remove from stove

Method for Puris:

- Sift flour and add salt, yogurt and 4 tbsp Dalda VTF Banaspati. Knead into a soft dough with some water
- Wrap the dough in a damp muslin cloth and keep in a warm place for 2–3 hours
- Make 10–12 portions of the dough and roll out the puris. In a deep frying pan or wok, heat Dalda VTF Banaspati and fry the puris till golden

Presentation:

Serve hot puris with halwa, chanay ka salan and aalo bhaji.

Tip

Use sour yogurt for quick fermentation of puris.

Handy Hint

To preserve semolina, roast it in a pot on medium heat for 5-7 minutes, cool completely and store in a clean dry jar.

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10 Bread Rolls

Ingredients:

Bread Slices	6–8
Stuffing*	1 cup
Dalda Cooking Oil	for frying

*Potato Stuffing:

Potatoes (boiled and mashed)	2 medium
Salt	as per taste
Black Pepper (freshly ground)	½ tsp.
Fresh Coriander (chopped)	2 tbsp.
Fresh Mint (chopped)	1 tbsp.
Green Chillies (chopped)	1–2

*Mincemeat Stuffing:

Mincemeat	200 grams
Salt	as per taste
Ginger Garlic Paste	1 tsp.
Red Chilli Powder	½ tsp.
Turmeric Powder	¼ tsp.
Cumin Seeds	½ tsp.

Method:

- Soak each bread slice in water for 4–5 minutes
- Press each slice in both hands to drain the water completely
- To make the potato stuffing, add all the ingredients in mashed potatoes and mix well. Refrigerate for 10–15 minutes
- To make the mincemeat stuffing, add all the ingredients in mincemeat, cover and cook on medium heat until the water from the mincemeat dries
- Put 1 tablespoon potato or mincemeat stuffing in between each bread slice and press in a roll shape firmly. Refrigerate for half an hour
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes and fry the bread rolls till golden

Presentation:

Serve with tomato ketchup or tamarind chutney.

Tip:

Soak bread slices on a plate to preserve their shape.

Handy Hint

To revive the freshness of one or two day old bread, sprinkle a few drops of milk on each slice and bake in a preheated oven for 3-4 minutes.

11 Chicken Nuggets

Ingredients:

Boneless Chicken (cubed)	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
White Pepper Powder	1 tsp.
Black Pepper Powder	½ tsp.
Vinegar	2–3 tbsp.
Soya Sauce	2 tbsp.

Batter:

Plain Flour (Maida)	1 cup
Corn Flour	½ cup
Salt	as per taste
White Pepper Powder	½ tsp.
Egg Whites	2
Dalda Cooking Oil	for frying

Method:

- Marinate chicken cubes with salt, garlic, white pepper, black pepper, vinegar and soya sauce. Refrigerate for ½ to 1 hour
- For the batter, beat egg whites and add flour, corn flour, salt and white pepper. Make a thick paste with the help of cold water
- Dip chicken cubes in the batter and refrigerate for 15–20 minutes
- Heat Dalda Cooking Oil in a wok on medium heat for 3–5 minutes and fry the chicken nuggets till golden
- Place the nuggets on a tissue or absorbent paper

Presentation:

Serve hot with tomato ketchup and mayonnaise.

Tip:

Marinated chicken cubes can be frozen in an airtight container for 2–3 days.

Handy Hint

To remove tea stains from a carpet, rub it with an ice cube and then sprinkle salt over the stain. Brush off when dry.

Lahori Pithoray

Ingredients for Pithoray:

Rice Flour	1 cup
Red Lentil Flour	½ cup
Salt	a pinch
Dalda Cooking Oil	2 tbsp.

Ingredients for Gravy:

Chickpeas	1 kg
Trotters Stock (Paye)	2 cups
Salt	as per taste
Baking Soda	1 tsp.
Ginger Garlic Paste	1 tbsp.
Coriander Powder	2 tbsp.
Black Pepper (freshly ground)	1 tbsp.
Whole Coriander (roasted & ground)	2 tbsp.
Cumin Seeds (roasted & ground)	1 tbsp.
Small Cardamom (ground)	1 tsp.
Dalda Cooking Oil	½ cup

For Salad:

Cucumbers
Carrots
Onions

Garnish:

Fresh Coriander (chopped)
Green Chillies (chopped)

Method for Pithoray:

- Mix rice flour and red lentil flour and knead well with Dalda Cooking Oil and salt. Wrap the dough in a damp muslin cloth and keep aside for some time
- Make small puris of the dough. Heat Dalda Cooking Oil in a wok and deep fry the puris. Pithoray can also be made with 1 cup wheat flour and ½ cup plain flour (maida)

Method for Gravy:

- To make trotters stock, cut 1–2 trotters (paye) in small pieces and boil them with 8–10 cups of water until only 2 cups of stock remain. To avoid heek, add 1 small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- Wash and soak chickpeas in 4 cups of hot water for 2–3 hours and then bring to a boil. Add baking soda and boil on low heat until fully tender
- In a separate pot, slightly heat Dalda Cooking Oil on medium heat for 3–4 minutes. Sauté ginger garlic paste for 2 minutes, add salt, coriander powder, whole coriander, black pepper, cumin and cardamom. Stir-fry the spices until oil separates, sprinkling a little water from time to time
- Add the chickpeas and stock. Mix well and simmer on low heat for 20–25 minutes

Presentation:

Garnish and serve hot with pithorey and salad.

Tip:

If trotters stock is not available, two chicken stock cubes can also be used.

Handy Hint

To preserve chickpeas for a long period of time, store them in the lower shelf of the refrigerator packed in an airtight container or plastic bag.

13 Masala Dosa

Ingredients:

Rice	2 cups
White Lentils	½ cup
Ginger Paste	½ tsp.
Egg	1
Dalda Cooking Oil	½ cup

For Filling:

Potatoes (cubed)	2 medium
Salt	as per taste
Red Chillies (crushed)	1 tsp.
Fenugreek Seeds	¼ tsp.
Nigella Seeds	½ tsp.
Mustard Seeds	1/2 tsp.
Curry Leaves	a few
Cumin Seeds	1 tsp.
Turmeric Powder	½ tsp.
Dalda Cooking Oil	4 tbsp.

Method:

- Soak rice and lentils separately overnight. Mix and then grind them on a sill or in a food processor. Add ginger and egg and mix well. Cover and keep the batter in a warm place for 2–3 hours
- To make the pancakes, heat 2–3 tablespoons of Dalda Cooking Oil in a nonstick pan on medium heat for 1–2 minutes. Then lower the flame and pour ½ cup batter for each pancake. Spread it to all sides and cook on one side only. Remove from pan and repeat until the batter finishes
- To prepare the filling, heat 1–2 tablespoons of Dalda Cooking Oil in a wok on medium heat for 3–5 minutes. Add all the filling ingredients with the potatoes
- Add 1 cup water, mix well and cook on low heat until potatoes are tender

Presentation:

Spread a pancake in a platter, put filling on it and roll. Serve with coconut chutney.
For the coconut chutney, blend ½ a bunch of fresh coriander with 2 green chillies, 1 teaspoon cumin seeds, 2 tablespoons coconut powder, 2 tablespoons lemon juice and a pinch of salt.

Tip:

If a nonstick pan is not available, before making each pancake, scrub a frying pan or a griddle thoroughly with a small onion pierced on a fork and dipped in Dalda Cooking Oil.

Handy Hint

Peeling garlic cloves becomes easier when soaked overnight.

14 Fried Chicken Patties

Ingredients:

Chicken (boiled & shredded)	2 cups
Salt	as per taste
White Pepper Powder	1 tbsp.
Mustard Powder	½ tsp.
Plain Flour (Maida)	2 tbsp.
Butter or Margarine	2 tbsp.
Milk	1 cup
Bread Slices	10–12
Eggs (beaten)	2
Dalda Cooking Oil	for frying

Method:

- Melt butter or margarine in a nonstick pan. Add flour and stir on a low flame with a wooden spoon
- When the flour is fragrant, add milk a little at a time, stirring continuously with an egg whisk to avoid lumps. Stir until thick. Add salt, white pepper and mustard powder and mix well. White sauce is ready
- Remove from heat, add chicken and mix well
- Cut bread slices into different shapes and paste the chicken mixture on one piece, then cover with the other piece
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Dip the chicken patties in beaten eggs and fry till golden. Place on a tissue or absorbent paper

Presentation:

Serve hot with tomato ketchup. Cut bread slices in a round shape so that when you fry them golden, they look exactly like baked chicken patties.

Tip:

White sauce can be refrigerated in an airtight container for 2–3 days.

Handy Hint

When boiling eggs, add salt to keep the egg shells from cracking

15 Puran Puri Aamti

Ingredients for Puris:

Gram Lentils (boiled & mashed)	2 cups
Salt	as per taste
Sugar	1 cup
Khoya	½ cup
Almonds (ground)	2 tbsp.
Pistachios (ground)	2 tbsp.
Wheat Flour or Flour (Maida)	½ kg
Dalda Cooking Oil	as required

Ingredients for Aamti (Tamarind Sauce):

Tamarind Pulp	2 cups
Jaggery	½ cup
Salt	as per taste
Red Chilli Powder	½ tsp.
Cumin Seeds (roasted & ground)	1 tsp.
Dalda Cooking Oil	2 tbsp.

Method:

- Add sugar, khoya, almond and pistachios in lentils and mix well
- In a pot, heat 4 tablespoons of Dalda Cooking Oil on medium heat for 2–3 minutes. Add the lentils and stir until fragrant. Remove from heat and cool completely
- Add salt and 2 tablespoons of Dalda Cooking Oil in flour and knead into a hard dough. Wrap it in a damp muslin cloth and keep aside for 10–15 minutes
- Make small portions of the dough. Stuff 2 tablespoons of lentils mixture in between each portion and close it firmly
- Roll out the stuffed dough with a rolling pin with a soft hand and fry on a griddle with 2–3 tablespoons of Dalda Cooking Oil. When it turns golden on one side, turn to the other side and fry till golden by pouring some more Dalda Cooking Oil
- To make aamti, add tamarind, salt, red chilli powder, cumin, jaggery and 2 tablespoons of Dalda Cooking Oil in a small pot and cook on a low flame for 5–7 minutes

Presentation:

Serve hot puris with aamti.
This dish can be served at sehr and iftar.

Tip:

Gram lentils can be replaced with any other lentils.

Handy Hint

To clean a burnt pot, boil water mixed with baking soda in the pot for a few minutes and then wash.

16 Dhokley

Ingredients:

Rice	1 cup
Gram Lentils	¾ cup
Garlic Paste	½ tsp.
Salt	as per taste
Yogurt	2 cups
Instant Dry Yeast	1 tsp.
Red Chilli Powder	½ tsp.
Fresh Coriander (ground)	½ bunch
Fresh Fenugreek (ground)	½ bunch
Green Chillies (ground)	2
Dalda Cooking Oil	2 tbsp.

Fry–Garnish (Tarka):

Curry leaves	a few
Cumin Seeds	1 tsp.
Mustard Seeds	½ tsp.
Sesame Seeds	1 tsp.
Dalda Cooking Oil	4 tbsp.

Note:

Dhokley is a very popular South Indian recipe.

Method:

- Soak rice and lentils separately overnight. Mix them together and grind to a smooth paste. Add garlic, salt, yogurt, yeast, red chilli powder, coriander, fenugreek and green chillies powder. Mix well, cover and keep the batter in a warm place for 2–3 hours
- Brush Dalda Cooking Oil on a round cake pan or pizza pan and pour the batter in the pan
- Place the pan carefully on top of a pot of boiling water and cook for 30–35 minutes
- To check if ready, insert a tooth pick in the center. If it comes out clean, remove from heat and garnish. Otherwise, cook it for another 3–4 minutes
- To prepare the frygarnish (tarka), slightly heat Dalda Cooking Oil in a frying pan on medium heat for 2–3 minutes. Fry all the garnish ingredients and pour it on the Dhokley
- When it cools, cut into square pieces

Presentation:

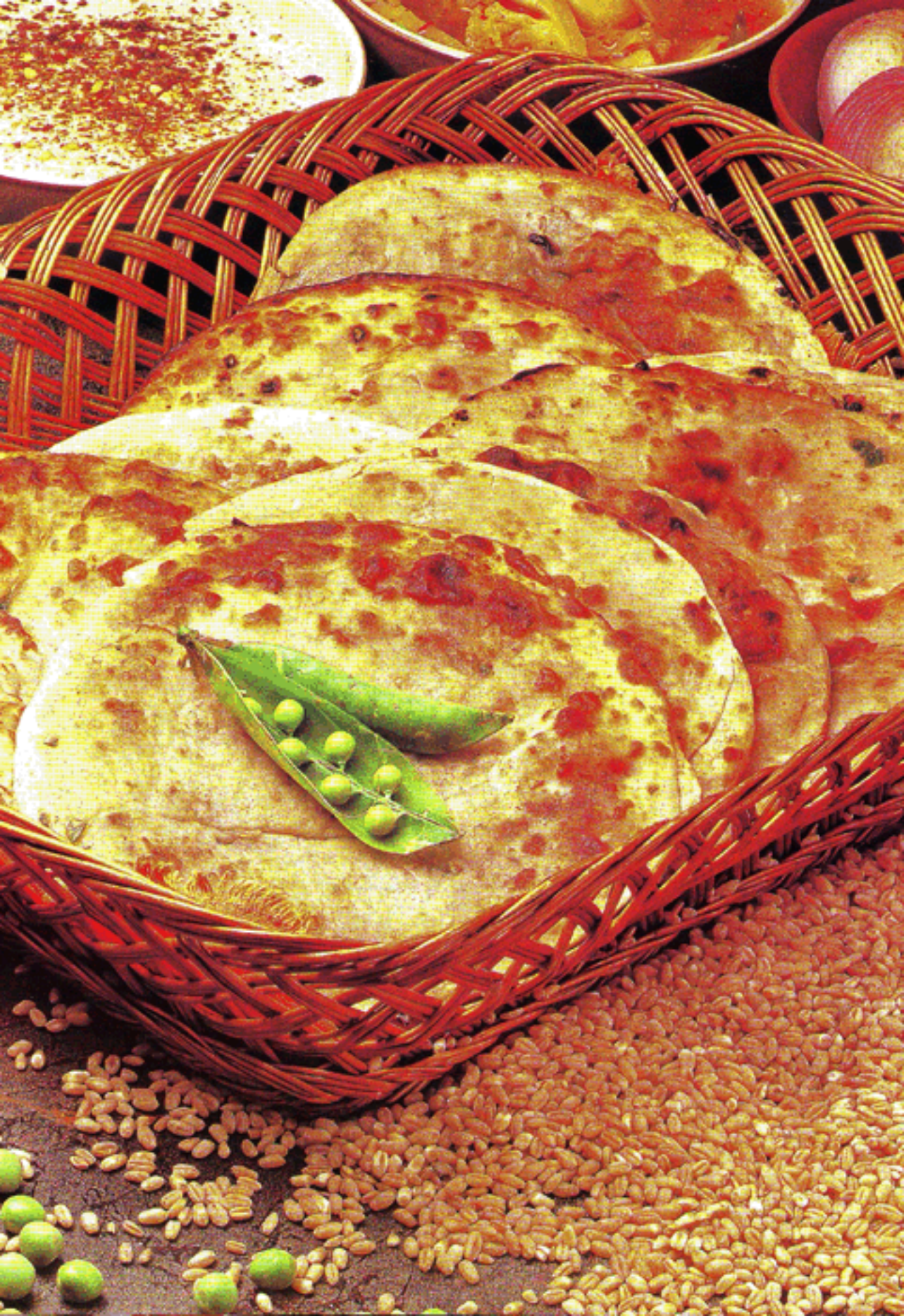
Serve with garlic chutney. For the chutney, take 10–12 cloves of garlic and 5–6 whole red chillies. Roast them on a griddle and grind into a fine mixture with 2 tablespoons of Dalda Cooking Oil. Season with a pinch of salt in the end.

Tip:

For quick fermentation of Dhokley, add half a cup of white soft drink while grinding rice and lentils.

Handy Hint

To preserve curry leaves, dry them in sunlight and store them in an airtight container; can be used in place of fresh leaves.



17 Green Peas Paratha

Ingredients:

Green Peas (boiled & mashed)	½ kg
Salt	as per taste
Red Chillies (crushed)	½ tsp.
Onion (finely sliced)	1 medium
Pomegranate Seeds	2 tbsp.
Green Chillies (chopped)	4
Fresh Coriander (chopped)	1 bunch
Soya (chopped)	1 bunch
Wheat Flour	1 kg
Dalda Cooking Oil	for frying

Method:

- In a pot, slightly heat 1–2 tablespoons of Dalda Cooking Oil on medium heat for 2–3 minutes and stir-fry onion till soft
- Add peas, salt, red chillies, green chillies, fresh coriander, pomegranate seeds and soya in the pot and stir well for 3–5 minutes. Cover and simmer on low heat for 10–15 minutes. Remove from heat and cool
- Knead flour after adding a pinch of salt and 4 tablespoons of Dalda Cooking Oil. Wrap the dough in a damp muslin cloth and keep aside for 10–15 minutes
- Divide the dough into portions and stuff 1 tablespoon peas mixture in each. Enclose the filling in the dough with wet hands and refrigerate for 10–15 minutes
- Roll out the dough with soft hands in a round shape like a chappati and fry it on a griddle with some Dalda Cooking Oil

Presentation:

Serve hot with vegetable pickle or green chutney. To make green chutney, take 1 bunch of fresh coriander, 1 bunch of mint leaves, 8–10 green chillies, 1 teaspoon cumin seeds, salt as per taste, tamarind or raw mango (kaeri) as required and 4 cloves of garlic. Wash all the ingredients and grind them together to a fine paste; delicious green chutney is ready.

Tip:

For better results, wash and soak pomegranate seeds for 10–15 minutes and then grind.

Handy Hint

To preserve peas for a month or two, boil 1 litre water with 1 tbsp vinegar and 1 tbsp sugar. Add 1 kg peeled peas. Boil for 3-5 minutes, drain and refresh under cold water. Make packets according to usage and freeze.

18 Stuffed Sour Potatoes

Ingredients:

Potatoes	1 kg
Salt	as per taste
Red Chillies (crushed)	2 tbsp.
Turmeric Powder	1 tsp.
Fenugreek Seeds	1 tsp.
Nigella Seeds	1 tsp.
Aniseed	1 tsp.
Whole Coriander	2 tbsp.
Mustard Seeds	1 tsp.
Mango Powder	4 tbsp.
Lemon Juice	4–6 tbsp.
Dalda Cooking Oil	as required

Garnish:

Fresh Coriander (chopped)

Method:

- Boil potatoes with skin for 5–7 minutes. Peel and make cross cuts at the back of each potato, taking care not to split it
- Coarsely grind, fenugreek, nigella, aniseed, whole coriander and mustard seeds. Mix with red chilli, salt, turmeric and mango powder. In a frying pan or pot, add 1 tablespoon of Dalda Cooking Oil with the ground spice mixture. Stir the spices on medium heat for 3–4 minutes, sprinkling a little water from time to time
- After cooling the cooked spices, stuff a small amount in the potatoes. Press firmly so that the filling does not come out
- In a wok or a deep frying pan, heat Dalda Cooking Oil and deep fry two potatoes at a time
- Shift all the potatoes to a heavy based pot and sprinkle lemon juice on top. Cover the pot and simmer on low heat for 5–7 minutes

Presentation:

Garnish and serve hot as a side dish or as a tea snack.

Tip:

Instead of lemon juice, 4–6 tablespoons of tamarind pulp can also be used.

Handy Hint

Remove stubborn price labels from clothes by rubbing it with an ice cube and then washing with cold water and detergent powder.

19 Mince Moneybags

Ingredients:

Mincemeat	200 grams
Salt	as per taste
Garlic Paste	1 tsp.
Onion (finely sliced)	1 medium
Black Pepper Powder	1 tsp.
Tomato Paste	2 tbsp.
Dalda Cooking Oil	2–3 tbsp.

For Money Bags:

Plain Flour (Maida)	½ kg
Salt	as per taste
Dalda Cooking Oil	2 tbsp. and for frying

Method:

- In a pot, heat Dalda Cooking Oil on medium heat for 2–3 minutes and sauté garlic for a minute
- Add mincemeat, salt, onion, black pepper and tomato paste
- Mix well, cover and cook on medium heat until water in the mincemeat dries. Remove from heat and cool
- To make moneybags, add salt and 2 tablespoons of Dalda Cooking Oil in flour. Mix well and knead with some cold water for 8–10 minutes
- Make small portions of the dough and roll each with a rolling pin into round shapes. Place some mincemeat on each portion and close it like a pouch
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes and deep fry the pouches till golden

Presentation:

Tie the moneybags from the center with a string of finely stripped spring onion. Serve with tomato ketchup.

Tip:

Before stuffing mincemeat, cool it completely to keep the bags from cracking.

Handy Hint

To get rid of bugs from plants, mix a pinch of garlic powder in one cup water and sprinkle it near them.

20 Potato Kachorian

Ingredients:

Potatoes (boiled & mashed)	½ kg
Salt	as per taste
Red Chillies (crushed)	1 tsp.
Black Pepper (freshly ground)	½ tsp.
Whole Coriander	1 tbsp.
Cumin Seeds	½ tsp.
Green Chillies (chopped)	4–6
Fresh Coriander (chopped)	1 bunch
Lemon Juice	4 tbsp.
Plain Flour (Maida)	½ kg
Baking Soda	½ tsp.
Oregano Seeds	¼ tsp.
Jaggery (ground)	2 tbsp.
Dalda Cooking Oil	for frying

Method:

- Mix mashed potatoes with salt, red chilli, black pepper, whole coriander, cumin, fresh coriander, green chillies and lemon juice. Refrigerate for 5–10 minutes
- In a saucepan, cook jaggery with 4 tablespoons of water for 2–3 minutes to make a syrup
- Mix flour with salt, baking soda, oregano and jaggery syrup and knead into a hard dough with some water. Wrap it in a wet muslin cloth and keep aside for 10–15 minutes
- Make small portions of the dough and stuff each portion with 1 tablespoon of potato mixture. Carefully fold up the edges with wet hands to completely cover the filling and press the edges together to seal. Refrigerate the kachoris for 10–15 minutes
- Wet your hands again and lightly press each kachori on your palm. In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes and deep fry the kachoris till golden brown
- Place them on a kitchen towel or absorbent paper

Presentation:

Serve hot with green spice chutney or tomato ketchup.

Tip:

Frying the kachoris after refrigerating them for 10–15 minutes makes them crisp.

Handy Hint

Brass and copper crockery can be cleaned by rubbing them with a mixture of vinegar and salt.

21 Daal Samosas

Ingredients:

Fried Yellow Split Lentils (fried Moong Daal)	200 grams
Salt	as per taste
Onions (finely sliced)	2 medium
Fresh Coriander (chopped)	1 bunch
Mint Leaves (chopped)	½ bunch
Green Chillies (chopped)	4–6
Lemon Juice	2 tbsp.
Samosa Sheets	2 dozen
Plain Flour (Maida)	2 tsp.
Dalda Cooking Oil	for frying

Method:

- Add salt, onions, coriander, mint, green chillies and lemon juice in yellow lentils and mix well. Keep aside for 10 minutes
- To prepare the paste to seal the samosas, add just enough water in flour to make a smooth thick paste
- Take a samosa sheet, hold it from one corner and fold it in a triangular shape. Give it another fold and fill in 1 tablespoon of stuffing. Repeat once, using the same fold. Now only a thin horizontal strip will remain. Apply some flour paste and bring it down to the stuffed side. Press firmly. Repeat with the remaining sheets and refrigerate the samosas for 10–15 minutes
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes and deep fry the samosas till golden brown

Presentation:

Serve with tamarind chutney and green spice chutney.

Tip:

If fried daal is not available, take 2 cups of yellow lentil and soak it in 1 cup water for 10–15 minutes. Steam it in a frying pan for 5–7 minutes and use when the water dries.

Handy Hint

To make prickly heat powder at home, dry mango seeds in sunlight and take out the inner seed. Dry the inner seed in sunlight and grind into a fine powder.

22 Potato Balls

Ingredients:

Potatoes	1 kg
Salt	as per taste
Black Pepper (freshly ground)	1 tsp.
Green Chillies (chopped)	4–6
Cumin Seeds, (roasted & ground)	1 tsp.
Lemon Juice	3–4 tbsp.
Fresh Coriander (chopped)	1 bunch

For Batter:

Gram Flour	2 cups
Salt	as per taste
Turmeric Powder	½ tsp.
Red Chilli Powder	1 tsp.
Dalda Cooking Oil	for frying

For Tamarind Chutney:

Tamarind Pulp	1 cup
Salt	as per taste
Sugar or Jaggery	2–3 tbsp.
Red Chilli Powder	½ tsp
Cumin Seeds (roasted & ground)	1 tsp.

Method:

- Boil and mash the potatoes. Add fresh coriander, green chillies, salt, black pepper, cumin and lemon juice and mix well
- Make small potato balls and refrigerate for 10–15 minutes
- To make the batter, mix salt, turmeric and red chilli powder in gram flour. Make a thick paste by adding a little water. Cover and keep the batter in a warm place for 10–15 minutes
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Dip the potato balls in the batter and deep fry till golden brown
- To make the tamarind chutney, mix all the ingredients and cook them on low heat for 10 minutes. Remove from heat, cool completely and store the chutney in a clean, dry bottle

Presentation:

Serve hot potato balls with tamarind chutney.

Tip:

To prevent stickiness of boiled potatoes, add 2–3 tablespoons of lemon juice.

Handy Hint

To reduce the hardness of water, add 1 tsp boric powder in 10–15 litres of water. Use when required, except for cooking and drinking.

23 Green Spice Potato

Ingredients:

Baby Potatoes	1 kg
Salt	as per taste
Garlic	4–6 cloves
Cumin Seeds	1 tbsp.
Green Chillies	10–12
Fresh Coriander	1 bunch
Mint Leaves	1 bunch
Lemon Juice	3–4 tbsp.
Dalda Cooking Oil	4–6 tbsp.

Method:

- Boil and peel the potatoes and keep them aside for some time
- Grind garlic cloves with cumin, green chillies, mint, coriander and lemon juice to make a fine chutney paste
- In a wok or a frying pan, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Add the chutney paste and fry for 3–4 minutes
- Add potatoes and salt and mix well. Cover and simmer on low heat for 5–7 minutes

Presentation:

Serve hot with parathas or puris.

Tip:

To get more juice from lemons, soak them in hot water for a few minutes.

Handy Hint

Add a little salt while boiling potatoes to make them boil quicker.

24 Mincemeat Kachoris

Ingredients:

Mincemeat	½ kg
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Onions (finely chopped)	2 medium
Red Chilli Powder	1 tsp.
Whole Coriander	1 tbsp.
Black Pepper Powder	½ tsp.
Cumin Seeds	1 tsp.
Green Chillies (chopped)	3–4
Fresh Coriander (chopped)	1 bunch
Lemon Juice	2 tbsp.
Plain Flour (Maida)	1 kg
Baking Soda	1 tsp.
Oregano Seeds	½ tsp.
Dalda VTF Banaspati	for frying

Method:

- Knead flour with salt, baking soda, oregano and 4 tablespoons of Dalda VTF Banaspati. Knead well for 8–10 minutes. Cover with a damp muslin cloth and leave aside for 10–15 minutes
- In a pot, heat 1 tablespoon of Dalda VTF Banaspati on medium heat for 2–3 minutes. Add mincemeat with ginger garlic paste, black pepper and red chilli powder. Cook till water in the mincemeat dries. Add whole coriander and cumin and stir well for 2–3 minutes
- Remove from heat and add onions, green chillies, fresh coriander and lemon juice. Mix well and cool
- To make the kachoris, divide the dough into small portions. Wet your hands, place a portion in the palm of your hand and spread it a little. Stuff about 1 tablespoon of mincemeat in the dough and fold up the edges to completely cover the filling. Press the edges together to seal and refrigerate the kachoris for 10–15 minutes
- In a wok, heat Dalda VTF Banaspati on medium heat for 3–5 minutes
- Wet your fingers again, lightly press each kachori on your palm and deep fry till golden
- Place them on a kitchen towel or absorbent paper

Presentation:

Serve hot with green spice chutney.

Tip:

Store the dough in a warm place for some time to make fluffy kachoris.

Handy Hint

To keep sandwiches fresh for hours, wrap them in a clean wet towel or a piece of wet cloth.

25 Shahjehani Koftas

Ingredients For Koftas:

Chicken Mince	1 kg
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
White Pepper Powder	1 tbsp.
Desiccated Coconut	2 tbsp.
Green Chillies	4–6
Fresh Coriander	½ bunch
Almonds	4 tbsp.
Pistachios	4 tbsp.
Raisins	4 tbsp.
Bread Slices	2

Ingredients For Gravy:

Onions (finely sliced)	2 medium
Ginger Garlic Paste	1 tsp.
Salt	as per taste
White Pepper Powder	1 tsp.
Cumin Seeds	1 tsp.
Whole Garam Masala	1 tbsp.
Milk	2 cups
Yogurt (whipped)	1 cup
Fresh Cream	½ cup
Garam Masala Powder	1 tbsp.
Green Chillies (chopped)	3–4
Fresh Coriander (chopped)	½ bunch
Dalda Cooking Oil	½ cup

Garnish:

Fresh Cream	½ cup
Almonds (peeled)	8–10

Method for Koftas:

- Mix all the kofta ingredients and grind well. Refrigerate for a few minutes. Make small oblong shaped koftas and refrigerate them until the gravy is prepared

Method for Gravy:

- In a large pot, heat Dalda Cooking Oil on medium heat for 3–5 minutes and add whole garam masala. When it pops, add onions and stir-fry till golden
- Add ginger garlic paste, salt, white pepper, cumin and yogurt and stir well for 2–3 minutes. Add the koftas and stir well until oil separates
- Add milk and when it comes to a boil, pour the cream. Shake the pot lightly by holding it with potholders
- Sprinkle green chillies, fresh coriander and garam masala powder and simmer on low heat for 5–7 minutes

Presentation:

Dish out and garnish with fresh cream and almonds. Serve with boiled rice.

Tip:

Do not overcook the koftas or they will harden.

Handy Hint

To prevent nuts and fruits from sinking to the bottom of the cake while its baking lightly toss them in flour before adding them to the cake batter.

Chicken Manchurian

Ingredients:

Boneless Chicken (cubed)	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
Whole Red Chillies	4–6
White Pepper Powder	1 tbsp.
Vinegar	2–3 tbsp.
Soya Sauce	4 tbsp.
Chilli Sauce	2 tbsp.
Sugar	1 tsp.
Chinese Salt	1 tsp.
Tomato Paste	1 cup
Tomato Ketchup	1 cup
Stock*	1 cup
Dalda Cooking Oil	4–6 tbsp.

Garnish:

Spring Onion (chopped)	2 tbsp.
Carrot (julienne)	2 tbsp.
Capsicum (julienne)	2 tbsp.

Method:

- Marinate chicken with chilli sauce, vinegar, soya sauce, salt, white pepper, sugar and Chinese salt. Keep aside for half an hour
- In a pot, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Sauté garlic for a minute and add chicken. Golden fry the chicken on high heat and remove it from the pot
- In the same pot add tomato paste, ketchup and stock. Add salt, whole red chillies and cook until thick. Add the chicken and bring to a boil. Heat a sizzler plate (easily available in shops) on medium heat for 10 minutes and pour the manchurian into the hot plate

Presentation:

Garnish and serve hot with boiled rice or fried rice.

*Tip:

To make chicken stock, boil ½ kg chicken bones in a pot with 4–6 cups of water until only one cup of stock remains. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil.

Instead of stock, you can also use 1–2 chicken cubes dissolved in 1 cup water.

Handy Hint

To preserve tomatoes, first steam and blend them. Cook them for 10-15 minutes and cool. Add 3-4 tbsp Dalda Cooking Oil in 1 kg tomato paste. Freeze it in an ice cube tray and put the cubes in a plastic bag. One cube is equal to 3 medium sized tomatoes.

27 Chicken Biryani

Ingredients:

Chicken	1¼ kg
Rice	1 kg
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	3 medium
Tomatoes (sliced)	6 medium
Yogurt (whipped)	1 cup
Cumin Seeds	1 tsp.
Turmeric Powder	1 tsp.
Red Chilli Powder	2 tbsp.
Coriander Powder	1 tbsp.
Garam Masala Powder	1 tbsp.
Green Chillies (chopped)	6–8
Fresh Coriander (chopped)	½ bunch
Mint leaves (chopped)	½ bunch
Whole Garam Masala	2 tbsp.
Yellow Food Color	a pinch
Milk	½ cup
Kewra Essence	a few drops
Dalda Cooking Oil	1 cup

Method:

- In a pot, heat Dalda Cooking Oil on medium heat for 3–5 minutes and add whole garam masala. When it pops, add onions and stir-fry till golden
- Add ginger garlic paste, turmeric and cumin and stir for 2–3 minutes. Add tomatoes and cook till tender
- When the tomatoes form a paste, add chicken with salt, red chilli powder, coriander powder, garam masala powder, green chillies, fresh coriander and mint leaves. Add yogurt and mix well. Cover and cook on medium heat for 12–15 minutes
- Parboil rice with some whole garam masala and drain the water
- In a large pot, layer the chicken curry and cover with rice. Sprinkle milk mixed with food color and kewra essence
- Cover and simmer on a hot griddle on low heat for 15 to 20 minutes

Presentation:

Serve hot with salad and raita.

Tip:

Soak rice for 20 minutes before boiling.

Handy Hint

To preserve uncooked rice for long periods of time, add 50 grams of whole red chillies in every 10kg rice.

28 Bihari Chicken

Ingredients:

Chicken (cut into 8 pieces)	1 kg
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Red Chilli Powder	1 tbsp.
Poppy Seeds	2 tbsp.
Garam Masala Powder	1 tbsp.
Raw Papaya (ground)	1 tsp.
Raw Onion (ground)	½ cup
Brown Onion	½ cup
Yogurt	½ cup
Charcoal	small piece
Dalda Cooking Oil	½ cup

Method:

- Make 2–3 deep slant cuts in each chicken piece, wash thoroughly and dry with a clean cloth. Marinate the chicken with ginger garlic paste, salt, red chilli, poppy seeds, garam masala, papaya, raw and brown onion and yogurt. Refrigerate for 2–3 hours
- Heat the piece of charcoal on a stove flame until red hot
- Shift the marinated chicken to a pot. Put a foil paper or an onion peel in the middle and place the charcoal on it. Pour Dalda Cooking Oil over the coal and cover immediately so that the smoke does not escape
- After 15–20 minutes, remove the charcoal and cook the chicken on medium heat till water in the chicken dries thoroughly
- Simmer for 5 minutes on low heat and remove from stove

Presentation:

Dish out in a platter and serve hot with salad, raita and naan.

Tip:

To make raita, whip 1 cup yogurt and add a pinch of salt, ½ teaspoon black pepper powder and 1 teaspoon roasted and ground cumin seeds. Mix well.

Handy Hint

For extra brightness in white clothes, add a few fresh slices of lemon in water and bring it to a boil. Cool slightly and dip the clothes in it for 10 - 15 minutes and rinse with clean water.

Chicken Seekh Kebab

Ingredients:

Chicken Mince	1 kg
Salt	as per taste
Onions	2 medium
Black Pepper (freshly ground)	1 tsp.
Cumin Seeds	1 tbsp.
Small Cardamom	6
Roasted Gram	2 tbsp.
Garam Masala Powder	1 tbsp.
Soya Sauce	2 tbsp.
Red Chilli Powder	1 tsp.
Bread Slices	4
Raw Papaya (ground)	2 tbsp.
Eggs	2
Fresh Coriander (chopped)	½ bunch
Green Chillies (chopped)	6–8
Dalda Cooking Oil	as required

Method:

- Grind chicken mince with onions, black pepper, cumin, cardamom, garam masala, papaya, roasted gram and bread slices. Then add salt, soya sauce, red chilli powder, coriander, green chillies and eggs and mix well
- Take 2 tablespoons of chicken mince and pat it around each barbecue skewer to make 4–5 inch long kebabs. Refrigerate for 10–12 minutes
- Roast the kebabs over a direct flame for 1–2 minutes
- Heat a frying pan over medium heat for 2–3 minutes and add 1–2 tablespoons of Dalda Cooking Oil
- Remove the roasted kebabs from the skewers and put them in the pan. Keep rolling them with a wooden spoon for 3–4 minutes till the kebabs are cooked on all sides
- Place the kebabs on a kitchen towel or absorbent paper

Presentation:

Serve hot with yogurt, raita and naan.

Tip:

Boneless chicken cubes can also be used instead of minced chicken.

Handy Hint

To protect salt from moisture, add a few cloves in the salt shaker.

Murgh Cholay

Ingredients:

Chicken	1 kg
Chickpeas (boiled)	1 cup
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	2 medium
Tomatoes (cubed)	3 medium
Black Pepper Powder	1 tbsp.
Coriander Powder	1 tbsp.
Cumin Seeds	1 tsp.
Turmeric Powder	1 tsp.
Dalda VTF Banaspati	½ cup

Garnish:

Green Chillies (chopped)	3–4
Fresh Coriander (chopped)	½ bunch

Method:

- In a pot, slightly heat Dalda VTF Banaspati on medium heat for 2–3 minutes. Add onions and fry till golden
- Add ginger garlic paste with black pepper and sauté for a minute. Then add tomatoes and cook until tender
- Add salt, coriander powder, cumin, turmeric and chicken and stir well until banaspati separates
- Add chickpeas with 2 cups of water and cook on low heat for 10–12 minutes

Presentation:

Garnish and serve hot with naan.

Tip:

Wash and soak chickpeas in warm water mixed with ½ teaspoon of baking soda for 2 hours. Wash them again and boil them with 3–4 cups of fresh water until tender.

Handy Hint

If potatoes, sweet potatoes and chickpeas become too tender, cool and refrigerate for some time.

31 Chicken Jalfrezi

Ingredients:

Boneless Chicken (cubed)	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Red Chilli Powder	1 tbsp.
Coriander Powder	1 tbsp.
Turmeric Powder	1 tsp.
Onions (cubed)	3 medium
Tomatoes (cubed)	4–5 medium
Capsicum (cubed)	2 medium
Dalda Cooking Oil	½ cup

Garnish:

Fresh Coriander (chopped)	½ bunch
Green Chillies (chopped)	3–4
Garam Masala Powder	1 tsp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add ginger garlic paste and sauté for 1–2 minutes
- Add salt, red chilli powder, coriander powder, turmeric and chicken and mix well. Cook on high heat for 4–5 minutes until the chicken is tender
- Add onions, tomatoes and capsicum and mix well. Cook for another 3–4 minutes and dish out

Presentation:

Garnish and serve hot with boiled rice.

Tip:

Cut the chicken cubes after refrigerating for some time. The cubes should be of the same size so as to tender evenly.

Handy Hint

Before pouring jelly into the mould, lightly brush the mould with a few drops of Dalda Cooking Oil. This will help remove the jelly easily after it sets.

32 Indian Chicken Curry

Ingredients:

Boneless Chicken (cubed)	1 kg
Salt	as per taste
Garlic Paste	1 tsp.
Onions (finely chopped)	2 medium
Red Chilli Powder	1 tbsp.
Coriander Powder	1 tbsp.
Turmeric Powder	1 tsp.
Cumin Seeds	1 tsp.
Tomato Paste	1 cup
Stock*	2 cups
Fresh Coriander (chopped)	½ bunch
Butter or Margarine	2 tbsp.
Cashew Nuts (crushed)	4–6 tbsp.
Dalda Cooking Oil	4 tbsp.

*Note:

To make the stock, boil ½ kg bones in a pot with 6–8 cups of water until only two cups of stock remain. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil.

Method:

- In a frying pan, heat Dalda Cooking Oil on low heat for 2–3 minutes. Add garlic and sauté for 1–2 minutes. Add chicken and fry it on high heat for 3–4 minutes
- In a pot, melt butter or margarine and sauté onions and fresh coriander till soft. Add cashew nuts and stir well for 3–4 minutes
- Add salt, red chilli powder, coriander powder, turmeric, cumin and stock and stir slowly until it thickens
- When the stock thickens to the required consistency, add the chicken and tomato paste
- Simmer on low heat for 3–5 minutes and remove from heat

Presentation:

Dish out and serve hot with boiled rice.

Tip:

For this recipe, you can use chicken pieces with bone; cashew nuts can be replaced with peanuts.

Handy Hint

To store dry fruits for a long time, seal them in a brown bag. Put the brown bag in a plastic bag and keep it in the lower shelf of the refrigerator.

33 Mexican Chicken

Ingredients:

Boneless Chicken (cubed)	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
White Pepper Powder	1 tbsp.
Vinegar	4 tbsp.
Tomato Paste	2 cups
Tomato Ketchup	2 cups
Capsicum (cubed)	2 medium
Fresh Red Chillies (chopped)	8–10
Dalda Cooking Oil	4 tbsp.

Garnish:

Spring Onion (chopped)	1

Method:

- Marinate chicken with garlic, salt, vinegar and white pepper and refrigerate for 15–20 minutes
- In a pot or a wok, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes. Stir-fry the chicken on high heat till water in the chicken dries
- Add tomato paste and tomato ketchup and cook for 5 minutes
- Then add capsicum and red chillies and cook on low heat for 3–4 minutes

Presentation:

Garnish and serve hot with Mexican rice.

Tip:

Boiled corn kernels can be added for an attractive presentation.

Note:

Mexican food is normally very spicy, you can put chillies according to taste.

Handy Hint

To make candles burn longer, refrigerate them in a plastic bag for several hours before using.

Chicken Karahi

Ingredients:

Chicken (cut into small pieces)	1 kg
Garlic Paste	2 tbsp.
Ginger Paste	1 tbsp.
Salt	as per taste
Onions (finely sliced)	2 medium
Tomatoes (cubed)	5–6 medium
Yogurt (whipped)	½ cup
Red Chilli Powder	1 tbsp.
Turmeric Powder	1 tsp.
Cumin Seeds	1 tbsp.
Bay Leaves	½
Dalda Cooking Oil	½ cup

Garnish:

Dry Fenugreek	1 tsp.
Big Green Chillies	4–5
Fresh Coriander (chopped)	½ bunch
Ginger (julienne)	2 tsp.
Garam Masala Powder	1 tsp.
Black Pepper Powder	½ tsp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 4–5 minutes and add bay leaves. Add onions after a minute and sauté until soft
- Add ginger and garlic paste, cumin and turmeric, stir for 2–3 minutes and add tomatoes
- Mix well, add salt and red chilli and stir until tomatoes are fully tender
- Add chicken pieces and yogurt. Mix well, cover and cook on medium heat until oil separates
- Garnish and simmer on low heat for 5–7 minutes and remove from stove

Presentation:

Serve hot with parathas or naan.

Tip:

If using mutton instead of chicken, cook on low heat to tenderise well.

Handy Hint

When refrigerating food, always cover with a lid to keep the smells from mixing.

35 Hot & Crispy Fried Chicken

Ingredients:

Chicken (cut in 8 pieces)	1½ kg
Salt	as per taste
Dry Garlic Powder	1 tbsp.
Red Chillies (crushed)	1 tbsp.
Black Pepper (freshly ground)	1 tsp.
Whole Coriander (ground)	1 tsp.
Cumin Seeds (ground)	1 tsp.
Plain Flour (Maida)	2 cups
Corn Flour	1 cup
Dalda Cooking Oil	for frying

Method:

- Clean and wash chicken thoroughly and make deep cuts
- Mix flour with corn flour, salt, garlic, red chilli, black pepper, cumin and coriander
- In one half of the flour mixture, add enough cold water to make a thick paste. Keep the remaining dry flour aside for later use
- Dip chicken pieces in the flour paste and refrigerate for 4–6 hours. Then roll the pieces in the dry flour and refrigerate again for 10–15 minutes
- In a wok, heat Dalda Cooking Oil on medium heat for 4–5 minutes. Fry the chicken pieces on high heat until golden

Presentation:

Serve with french fries, coleslaw and ketchup. To make the coleslaw, mix 1 cup mayonnaise with 1–1½ cup of finely chopped cabbage.

Tip:

For a crispy fried result, refrigerate marinated items for a few minutes before frying.

Handy Hint

Before using an orange in salads or desserts, soak it in warm water for 5 minutes. The inner white peel will come off easily.

Dalda

36 Jhatpat Chicken Masala

Ingredients:

Chicken	1 kg
Salt	as per taste
Garlic	8–10 cloves
Ginger	1–2 inch piece
Onions (sliced)	2 medium
Yogurt (whipped)	1 cup
Whole Red Chillies	10–12
Cumin Seeds	1 tbsp.
Black Pepper (freshly ground)	1 tsp.
Whole Garam Masala	1 tbsp.
Dalda Cooking Oil	½ cup

Garnish:

Fresh Coriander (chopped)
Lemon Slices

Method:

- Marinate chicken with salt, black pepper and yogurt and keep aside for half an hour
- Coarsely grind onions with ginger, garlic, cumin and red chillies. In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes and add whole garam masala. When it pops, add ground spice mixture and stir well for 4–5 minutes
- Add chicken and mix well. Cover and cook on medium heat until oil separates
- Garnish with some fresh coriander and simmer for 3–4 minutes

Presentation:

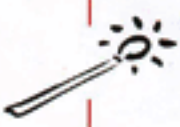
Dish out, garnish and serve with parathas.

Tip:

Before grinding the spices, lightly roast them for more aroma and flavour.

Handy Hint

If curry burns, add ¾ cup milk in ½ kg curry and simmer on low heat for 5-7 minutes.



37 Afghani Biryani

Ingredients:

Whole Chicken	1 kg
Rice	3 cups
Tomatoes	½ kg
Brown Onion	1 cup
Salt	as per taste
Black Pepper (freshly ground)	1 tbsp.
Dalda Cooking Oil	1 cup

Garnish:

Fresh Pomegranate Seeds	1 cup

Method:

- Wash and soak rice for 20 minutes. Parboil them in 10–12 cups of boiling water for 3–4 minutes and drain the water
- Clean and wash the chicken and make deep cuts. In a wok or a deep pot, heat Dalda Cooking Oil on medium heat for 4–5 minutes and golden fry the chicken on high heat
- Blend onions and tomatoes with 3 cups of water and pour it on the chicken. Season with salt and black pepper, cover and cook on low heat until only half of the curry remains
- In a large pot, spread half of the boiled rice and place the whole chicken on them. Cover the chicken with the remaining rice
- Pour the tomato gravy from the side, cover and simmer on low heat for 20 minutes. Remove the chicken and mix the rice well before dishing out

Presentation:

Dish out the rice in a large round platter and place the chicken in the middle. Garnish with pomegranate seeds on the side.

Tip:

It is better if peeled tomatoes are used.

Handy Hint

To remove the smell of cigar, put 1 teaspoon of baking soda in the ashtray.

38 Chicken Handi

Ingredients:

Boneless Chicken	1 kg
Garlic (crushed)	2 tsp.
Salt	as per taste
Onions (finely sliced)	3 medium
Tomatoes (boiled & blended)	3 medium
Yogurt (whipped)	½ cup
Red Chilli Powder	1 tbsp.
Turmeric Powder	1 tsp.
Garam Masala Powder	1 tbsp.
Cumin Seeds (roasted & ground)	1 tbsp.
Almonds	6–8
Desiccated Coconut	2 tbsp.
Butter or Margarine	2 tbsp.
Stock	2 cups
Dalda Cooking Oil	¾ cup

Garnish:

Fresh Cream	1 cup
Dry Fenugreek	1 tsp.
Almonds	a few

Method:

- To make the stock, boil ½ kg chicken bones in a pot with 6–8 cups of water until only two cups of stock remain. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- In an earthenware pot (handi), boil 1 onion and 1 teaspoon of garlic in the stock. When tender, remove from heat and add ½ cup Dalda Cooking Oil. Grind in a food processor and keep aside
- In the same pot, heat the remaining Dalda Cooking Oil on medium heat for 3–5 minutes. Blend yogurt with almonds and coconut to make a smooth paste and add it to the pot with 1 teaspoon of garlic. Stir well for 3–4 minutes. Add tomatoes, salt, red chilli, turmeric, cumin and garam masala and stir well until oil separates. Add chicken and cook on medium heat for 10–15 minutes
- In a frying pan, melt butter or margarine and add the ground onion mixture. Stir well until the mixture dries completely and add to the chicken pot. Mix well and cook the chicken for another 10–15 minutes
- Garnish and cook on low heat for 5 minutes

Presentation:

Serve hot in handi with paratha or naan.

Tip:

Heat butter or margarine until it just melts, otherwise it might burn.

Handy Hint

For added shine to a leather suitcase, rub it with a soft rag dipped in lemon juice.

Dalda

جہاں ماما وہاں ڈالڈا

39 Chicken Chowmein

Ingredients:

Chinese Noodles	1 packet (200 grams)
Boneless Chicken (cubed)	½ kg
Salt	as per taste
Garlic Paste	1 tsp.
White Pepper Powder	1 tbsp.
Sugar	1 tbsp.
Chinese Salt	1 tsp.
Spring Onions (chopped)	3–4
Vinegar	4 tbsp.
Soya Sauce	4 tbsp.
Corn Flour	2 tbsp.
Dalda Cooking Oil	4–6 tbsp.

Garnish:

Green Chillies (chopped)	3–4
Chilli Sauce	as required

Method:

- Break the noodles into small pieces and add to 10–12 cups of boiling water. When tender, strain and soak the noodles in cold water to cool
- In a wok, heat Dalda Cooking Oil on medium heat for 2–3 minutes and sauté garlic for a minute. Add chicken and stir-fry on high heat so the water in the chicken dries completely
- Add noodles, salt, white pepper, sugar, Chinese salt, soya sauce and vinegar. Mix well on high heat
- Add spring onions and sprinkle corn flour. Stir vigorously for 2–3 minutes and remove from heat

Presentation:

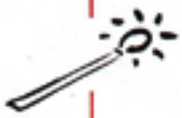
Garnish and serve hot with green chillies and chilli sauce kept on the side.

Tip:

Break the noodles into equal sized pieces to cook evenly.

Handy Hint

When packing glass items, wrap each item in a newspaper to keep from breaking.



Chicken with Mushrooms

Ingredients:

Chicken Breasts	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
White Pepper Powder	1 tbsp.
Mustard Paste	1 tbsp.
Worcestershire Sauce	4 tbsp.
Button Mushrooms	1 cup
Plain Flour (Maida)	2 tbsp.
Butter or Margarine	2 tbsp.
Brown Sauce	2 cups
Dalda Cooking Oil	½ cup

Garnish:

Parsley (finely chopped)

Method:

- Marinate chicken with salt, garlic paste, white pepper, mustard and worcestershire sauce and refrigerate for an hour. In the meantime, prepare the brown sauce
- To make the brown sauce, first stir-fry ½ kg bones in a pot with 1–2 tablespoons of Dalda Cooking Oil until brown. Add 6–8 cups of water and boil till only 2 cups of stock remain
- In a saucepan, melt butter or margarine and add flour. Stir until fragrant. Add the stock a little at a time, stirring continuously with a beater to avoid lumps. Brown sauce is ready
- In a wok or a frying pan, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Fry the chicken breasts in batches of two and remove. Then stir-fry the mushrooms in the same wok
- Add the chicken breasts to the brown sauce and cook on medium heat until it thickens. Lastly, add the mushrooms and simmer on low heat for 3–5 minutes

Presentation:

Garnish and serve hot with boiled rice.

Tip:

For this recipe, cut the chicken as desired; either cut into small cubes or use whole breast pieces.

Handy Hint

To prevent fine china plates from cracking, dry them thoroughly after washing and place a paper plate in between each when stacking.

Dalda
جہاں ماما وہاں ڈالڈا

41 Chicken Fried Rice

Ingredients:

Rice	1 kg
Boneless Chicken (cubed)	½ kg
Salt	as per taste
Garlic Paste	1 tsp.
Spring Onions (chopped)	3–4
Carrots (chopped)	2 medium
Cabbage (chopped)	1 small
Vinegar	2 tbsp.
Soya Sauce	4 tbsp.
White Pepper Powder	1 tbsp.
Sugar	1 tbsp.
Chinese Salt	1 tsp.
Eggs	3
Dalda Cooking Oil	4–6 tbsp.

Garnish:

Green Chillies (chopped)	2–3

Method:

- Boil rice and drain the water. Cover and refrigerate for 4–6 hours
- In a wok, heat Dalda Cooking Oil on medium heat for 2–3 minutes and sauté garlic for 1–2 minutes. Then add chicken and stir-fry until water from the chicken dries
- Add rice and mix well with the help of two spoons until hot
- Add cabbage, carrots and spring onions and mix well for a minute. Then add salt, sugar, white pepper and Chinese salt and mix well
- Beat eggs with salt and a pinch of white pepper and pour it on the rice. Add vinegar and soya sauce in the end and mix well

Presentation:

Dish out, garnish and serve hot.

Tip:

Stir-fry the rice in a wok to keep from breaking.

Handy Hint

When making cabbage bhujia, add a few lemon wedges in ½ kg cabbage to remove any unpleasant odour.

42 Chicken Hareesa

Ingredients:

Boneless Chicken (cubed)	1 kg
White Wheat	½ kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Onions (finely sliced)	2 medium
Green Chillies (chopped)	6–8
Black Pepper Powder	1 tbsp.
Cumin Seeds	1 tbsp.
Dalda Cooking Oil	½ cup

Garnish:

Ginger (julienne)
Green Chillies (chopped)

Method:

- Wash white wheat and soak it in 1–1½ litre hot water for 2–3 hours and then boil until completely tender
- In a pot, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add onions and fry till golden
- Sauté ginger garlic paste for 1–2 minutes. Then add chicken with green chillies, black pepper and cumin. Mix well, cover and cook until water in the chicken dries
- Add wheat and season with salt. Mix well, cover and simmer on low heat for 15–20 minutes and remove from stove

Presentation:

Garnish and serve hot.

Tip:

For an enhanced flavour, after mixing wheat with meat, add ½ bunch chopped fresh coriander, ½ bunch chopped mint leaves and 2 cups of chicken stock.

Handy Hint

To get rid of curry stains from clothes, sprinkle talcum powder on the stain. Cover it with a muslin cloth and press with a hot iron. Wash after a few minutes.

43 Arabic Rice

Ingredients:

Chicken (cut into small pieces)	1 kg
Rice (washed & soaked for 20 minutes)	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
Red Chillies (crushed)	1 tbsp.
Cloves	6–8
Small Cardamom	6–8
Bay Leaves	1–2
Green Chillies (chopped)	3–4
Capsicum (cubed)	2 medium
Hot Sauce*	2 tbsp.
Dalda Cooking Oil	½ cup

Method:

- In a pot, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add cloves, cardamom and bay leaves and stir-fry for 1–2 minutes
- Add garlic, salt and chicken and mix well. Cover and cook on medium heat until water in the chicken dries
- When the water dries, add rice and stir well for a few minutes. Add 4 cups of water and mix well. Cook on medium heat until only ½ cup water remains
- Add green and red chillies and cook until the water dries. Then add capsicum and hot sauce and simmer on low heat for 5–7 minutes

Presentation:

Mix well and dish out. Serve with hot sauce.

*Tip:

If hot sauce is not available, use soya sauce and chilli sauce mixed in equal quantities.

Handy Hint

When using silver polish, add a few drops of ammonia for more shine.

44 Moti Pulao

Ingredients:

Rice (washed and soaked)	1 kg

For Koftas:

Mincemeat	½ kg
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Onions (finely sliced)	2 medium
Red Chilli powder	1 tbsp.
Green Chillies	4–6
Fresh Coriander	½ bunch
Roasted Grams	4 tbsp.
Bread Slices	2
Egg	1

For Gravy:

Onions (finely sliced)	2 medium
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Red Chilli Powder	1 tbsp.
Cumin Seeds	1 tsp.
Whole Garam Masala	1 tbsp.
Yogurt	½ cup
Tomatoes (sliced)	3 medium
Dalda Cooking Oil	½ cup

Garnish:

Green Chillies (chopped)	3–4
Fresh Coriander (chopped)	½ bunch

Method:

- To make the koftas, add all the kofta ingredients (except egg) in mincemeat and grind twice on a sill or in a food processor. Add egg and mix well and refrigerate for 10–15 minutes
- Apply some Dalda Cooking Oil on hands and make small mincemeat balls (koftas). Refrigerate the koftas for 10–15 minutes
- To make the gravy, heat Dalda Cooking Oil in a pot on medium heat for 3–5 minutes and add whole garam masala. When it pops, add onions and stir-fry till golden. Add all the gravy spices, yogurt and tomatoes and stir well until oil separates. Add a cup of water and bring to a boil
- Add the koftas to the gravy and lightly shake the pot with potholders. Cook until the water dries completely
- Sprinkle green chillies and fresh coriander and add 4–5 cups of water. When it comes to a boil, add rice. Cover and cook on medium heat till the water dries
- Simmer on low heat for 5–7 minutes

Presentation:

Dish out very carefully to prevent koftas from breaking. Garnish with boiled eggs if you wish and serve hot.

Tip:

Before adding rice, remove the koftas. When the water dries, mix well and add the koftas again.

Handy Hint

Store silver plated cockery in brown paper instead of a newspaper as the newspaper ink dims its shine.

45 Nargisy Koftey

Ingredients for Koftas:

Mincemeat	1 kg
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Onions	2 medium
Red Chilli Powder	1 tbsp.
Green Chillies	3–4
Fresh Coriander	½ bunch
Roasted Grams	4 tbsp.
Bread Slices	2
Eggs	9

Ingredients for Gravy:

Onions (finely sliced)	2 medium
Ginger Garlic Paste	1 tsp.
Salt	as per taste
Red Chilli Powder	1 tsp.
Coriander Powder	1 tbsp.
Turmeric Powder	½ tsp.
Cumin Seeds	1 tsp.
Whole Garam Masala	1 tbsp.
Yogurt (whipped)	1 cup
Dalda Cooking Oil	½ cup

Garnish:

Green Chillies (chopped)	3–4
Fresh Coriander (chopped)	½ bunch

Method for Koftas:

- Add all the ingredients (except eggs) in mincemeat and grind twice. Add an egg, knead well and refrigerate for 10–15 minutes
- Hard boil 8 eggs and wrap each egg firmly in mincemeat (apply some Dalda Cooking Oil on hands). If need be, secure the koftas with some thread. Refrigerate the koftas until the gravy is prepared

Method for Gravy:

- In a large pot, slightly heat Dalda Cooking Oil on medium heat for 3–4 minutes and add whole garam masala. When it pops, add onions and stir-fry till light golden
- Mix all the gravy spices in yogurt and pour it in the pot. Stir well until oil separates. Pour a cup of water and bring to a boil. Add the koftas and cook without covering until the water dries, lightly shaking the pot a few times in between
- When the water dries, add another cup of water and sprinkle fresh coriander and green chilies. Simmer on low heat for 5–7 minutes

Presentation:

Remove the koftas from the pot and cut them lengthwise. Dish out the gravy and place the koftas on top. Serve hot.

Tip:

Before cutting each kofta, dip the knife in warm water.

The koftas can be made using the shami kabab recipe as well. Boil mincemeat with ginger garlic paste, red chilli, onion and a cup of gram lentil. Mix the remaining spices and grind.

Handy Hint

For nourishment of plants, cool the water after boiling eggs in it and pour it in the plants.

Aalo Gosht

Ingredients:

Meat	1 kg
Potatoes (cut in 4 pieces)	½ kg
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	3 medium
Yogurt	1 cup
Red Chilli Powder	1 tbsp.
Coriander Powder	1 tbsp.
Cumin Seeds	1 tsp.
Turmeric Powder	1 tsp.
Whole Garam Masala	1 tbsp.
Tomatoes (cubed)	3 medium
Green Chillies (chopped)	3–4
Fresh Coriander (chopped)	½ bunch
Dalda Cooking Oil	½ cup

Fry–Garnish (Tarka):

Caraway Seeds	½ tsp.
Dalda Cooking Oil	2 tbsp.

Method:

- Marinate meat with ginger garlic paste, salt, onion, red chilli, coriander powder, cumin, turmeric, whole garam masala, yogurt and tomatoes. Keep aside for half an hour
- Pour ½ cup Dalda Cooking Oil on the meat. Shift the meat to a pot and cook on medium heat for half an hour
- Add potatoes to the meat with 2 cups of water. Mix well and cook until the potatoes are tender. Sprinkle green chillies and fresh coriander
- To make the fry-garnish, heat 2 tablespoons of Dalda Cooking Oil in a frying pan and add caraway seeds. Stir-fry for 2–3 minutes and pour on the meat
- Simmer the meat on low heat for 5–7 minutes and remove from stove

Presentation:

Serve with salad and boiled rice. To make the salad, finely chop an onion, tomato and cucumber. Mix them with 2 finely chopped green chillies and chopped fresh coriander. Sprinkle lemon juice and serve.

Tip:

Salad should be made fresh just before serving. If it needs to be kept for a few hours, refrigerate it with cover.

Handy Hint

For quick thawing of frozen meat, seal it in a plastic bag and soak it in warm water for a few minutes.

47 Ginger Beef

Ingredients:

Boneless Beef (fillet)	1 kg
Ginger (thinly sliced)	2–3 inch piece
Stock* or water	1 cup
Salt	as per taste
White Pepper Powder	1 tsp.
Black Pepper Powder	1 tsp.
Vinegar	2–3 tbsp.
Soya Sauce	2 tbsp.
Sugar	1 tbsp.
Baking Powder	1 tsp.
Corn Flour	2 tbsp.
Eggs	2
Dalda Cooking Oil	½ cup

Garnish:

Sesame Oil	2 tbsp.
Spring Onion (chopped)	1

*Note:

To make the stock, boil ½ kg bones in a pot with 4–6 cups of water until only one cup of stock remains. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil.

Method:

- Marinate beef with 1 tablespoon of Dalda Cooking Oil, sugar, baking powder, eggs, and corn flour. Keep aside for at least 2 hours
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Fry the beef fillets until golden and remove from wok
- In the same wok, sauté ginger for 1–2 minutes. Add stock, salt, white pepper, black pepper, vinegar and soya sauce and mix well
- Add the beef fillets and cook until you have the desired consistency

Presentation:

Dish out, garnish and serve with fried rice or boiled rice.

Tip:

For this recipe, use under cut beef so it tenderises with ease.

Handy Hint

To keep ginger fresh for long, store it in a clay pot filled with clay.

48 Shahi Razala

Ingredients:

Meat	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Onions (finely sliced)	2 medium
Yogurt	2 cups
Cloves	6–8
Small Cardamom	6–8
White Pepper Powder	1 tbsp.
Coconut Powder	4 tbsp.
Green Chillies	4–6
Kewra Essence	a few drops
Dalda Cooking Oil	1 cup

Garnish:

Green Chillies (chopped)
Fresh Coriander (chopped)
Almond Slivers
Small Cardamom

Method:

- Put meat with cloves and cardamom in a pot. Cover and cook the meat on low heat till water in the meat dries
- In the meantime, blend onions with green chillies and coconut to make a thick paste and keep aside
- In a separate pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes. Add ginger garlic and the onion paste and stir well until oil separates
- Add the meat to the onion paste and mix well. Mix salt and white pepper in yogurt and pour it over the meat. Do not stir
- Add kewra essence, cover and simmer on low heat for 8–10 minutes

Presentation:

Garnish and serve hot with naan.

Tip:

Be careful while using kewra essence, because an excess quantity gives a bitter taste.

Handy Hint

When grinding sticky fruits like raisins for puddings and cakes, add a little lemon juice as it adds flavour and also makes it easier to clean the grinder.

49 Bihari Kebabs

Ingredients:

Beef Steaks	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Raw Onion (minced)	½ cup
Brown Onion	½ cup
Red Chilli Powder	2 tbsp.
Garam Masala Powder	2 tbsp.
Roasted Gram	2 tbsp.
Poppy Seeds	2 tbsp.
Raw Papaya (ground)	2 tbsp.
Yogurt	½ cup
Mustard Oil	4–6 tbsp.
Dalda Cooking Oil	4–6 tbsp.

Method:

- Grind roasted gram with poppy seeds into a fine powder
- Marinate beef steaks with salt, ginger garlic paste, raw and brown onions, red chilli powder, garam masala, ground roasted gram and poppy seeds, papaya, yogurt and mustard oil. Keep aside for 2–3 hours
- Pierce the marinated kebabs on skewers and barbeque them over red hot coals
- Dip a muslin cloth in Dalda Cooking Oil and glaze the kebabs from time to time. Roast until the kebabs brown

Presentation:

Serve hot with salad, raita and parathas.

Tip:

Instead of raw papaya, ripe papaya can also be used.

Handy Hint

To keep cheese fresh, mix half a cup of water with a few drops of vinegar. Dip a clean cloth in the water and wrap the cheese in the cloth.

50 Lamb Chops Masala

Ingredients:

Lamb Chops	1 kg (10–12 pieces)
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Onion (finely sliced)	1 medium
Tomatoes (finely sliced)	4 medium
Yogurt	½ cup
Red Chillies (crushed)	1 tbsp.
Whole Coriander (ground)	1 tbsp.
Cumin Seeds (ground)	1 tsp.
Turmeric Powder	½ tsp.
Whole Garam Masala	1 tbsp.
Big Cardamom	1
Small Cardamom	4–5
Dalda VTF Banaspati	½ cup

Garnish:

Green Chillies (chopped)	3–4
Fresh Coriander (chopped)	½ bunch
Ginger (julienne)	1 inch piece

Method:

- Grind whole garam masala with big and small cardamom seeds. Add salt, ginger garlic paste, red chilli, coriander, cumin, turmeric and yogurt and mix well
- Marinate chops with the yogurt paste and refrigerate for 20–25 minutes
- In a pot, cook the chops on high heat with 1 cup water for 2–3 minutes. Then lower the heat and cook until chops are fully tender
- In a separate pot, heat Dalda VTF Banaspati on medium heat for 3–4 minutes. Add onions and fry till golden. Add the chops with tomatoes and stir well until banaspati separates

Presentation:

Garnish and serve hot with chappati or boiled rice.

Tip:

Lightly hammer the chops before cooking to tenderise quickly.

Handy Hint

While boiling pasta, add a pinch of lemon food color to give it a look of buttered pasta.

51 Green Spice Biryani

Ingredients:

Meat	1 kg
Rice	1 kg
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	6 medium
Green Chillies (chopped)	12–15
Fresh Coriander (chopped)	1 bunch
Mint Leaves (chopped)	½ bunch
Black Pepper (freshly ground)	1 tbsp.
Whole Garam Masala	2 tbsp.
Yogurt (whipped)	2 cups
Yellow Food Color	a pinch
Milk	½ cup
Kewra Essence	a few drops
Dalda VTF Banaspati	1 cup

For Salad:

Onion Rings
Tomatoes
Fresh Coriander
Lemon Wedges

Method:

- Boil meat in a pot with ginger garlic paste, onions, green chillies, fresh coriander, mint leaves and one cup of water. Cook on low heat until the meat is fully tender
- Season yogurt with salt and pepper. Remove the meat from the stove, add yogurt and Dalda VTF Banaspati and keep aside
- Parboil rice with whole garam masala and drain the water
- Layer the meat in a large pot and cover with rice
- Mix kewra essence and food color in milk and sprinkle it on the rice. Cover the pot and simmer on a hot griddle on low heat for 15–20 minutes

Presentation:

Mix well, dish out and serve with salad and raita.

Tip:

For an enhanced flavour, add a few mint leaves and ginger julienne while boiling rice.

Handy Hint

To remove ball pen stains from clothes, lightly spray the stain with a hair spray. Dry for a few minutes, spray again and then wash.

Ingredients:

Meat	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Brown Onion	½ cup
Red Chilli Powder	2 tbsp.
Turmeric Powder	1 tsp.
Yogurt	1 cup
Bay Leaves	1–2
Big Cardamom	1–2
Turnip	½ kg
Carrot	½ kg
Dalda Cooking Oil	¾ cup

Garnish:

Ginger (julienne)	1 tbsp.
Fresh Coriander (chopped)	½ bunch

Method:

- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes. Add bay leaves, big cardamom and ginger garlic paste and lightly stir for 1–2 minutes
- Add meat and stir well until oil separates. Add salt, red chilli, turmeric, onion and yogurt. Mix well
- Cut turnips and carrots into big pieces. Cook them in a pot of boiling water for 3–4 minutes and then refresh with cold water
- Add the vegetables to the meat and mix well. Add 4–6 cups of water and seal the pot with the help of dough
- Cook the pot on low heat overnight or for 4–6 hours. Open the seal and dish out

Presentation:

Garnish and serve hot with naan.

Tip:

For special occasions, koftas can also be added. To make koftas add 1 onion, 1 tbsp ginger garlic paste, 2–3 green chillies, 2–3 tbsp roasted gram, 1 bread slice and salt to taste in ½ kg mincemeat. Grind well and make medium sized balls. Refrigerate for 15–20 minutes. Add the koftas to the pot after opening the seal. Cook for 15–20 minutes on medium heat and remove from stove.

Handy Hint

If curry becomes too salty, make cuts in a medium sized onion and add it to half kg curry with half cup water. Simmer on low heat for a few minutes and then discard the onion.

53 Gola Kebabs

Ingredients:

Mincemeat	1 kg
Ginger Garlic Paste	2 tbsp.
Onions (finely sliced)	2 medium
Salt	as per taste
Red Chilli Powder	2 tbsp.
Cumin Seeds	1 tsp.
Whole Coriander	1 tbsp.
Garam Masala Powder	2 tbsp.
Raw Papaya	2 tbsp.
Yogurt	½ cup
Dalda Cooking Oil	½ cup

Garnish:

Onion Rings
Lemon Wedges

Method:

- Grind mincemeat with ginger garlic paste, salt, onions, red chilli, cumin, coriander, garam masala and papaya
- Refrigerate it for 2–3 hours and then add 2 tablespoons of Dalda Cooking Oil and yogurt. Knead well
- Make equal sized round kebabs and put them on skewers. Barbeque the kebabs on hot coals or a grill. While the kebabs are roasting, glaze them with a muslin cloth or a tissue paper dipped in Dalda Cooking Oil

Presentation:

Garnish and serve with raita.

To make raita, whip 1 cup yogurt with a pinch of salt, ½ teaspoon sugar, ¼ teaspoon freshly ground black pepper and ½ teaspoon roasted and ground cumin seeds.

Tip:

Instead of barbecuing, the kebabs can also be cooked in a nonstick pan with a little Dalda Cooking Oil. When the kebabs are cooked, heat a piece of charcoal on a stove flame until red hot and put it in the centre of the frying pan. Pour a little Dalda Cooking Oil on the coal, cover immediately and keep aside for 5–7 minutes to smoke the kebabs.

Handy Hint

To keep skewers from rusting, first wash them after using. Then rub them thoroughly with Dalda Cooking Oil and tightly wrap them in a brown paper

Nihari

Ingredients:

Beef (bong, cut in big pieces)	1 kg
Bones & Bone Marrow	1 kg
Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	3 medium
Black Pepper Corns	10–12
Red Chilli Powder	2 tbsp.
Coriander Powder	2 tbsp.
Cumin Seeds	1 tbsp.
Aniseed	1 tbsp.
Big Cardamom Seeds	1 tsp.
Dry Ginger Powder	1 tsp.
Pipli*	1 tsp.
Yogurt	1 cup
Plain or Wheat Flour	½ cup
Citric Acid	½ tsp.
Dalda Cooking Oil	1 cup

Garnish:

Ginger (julienne)
Fresh Coriander (chopped)
Green Chillies (chopped)
Lemon Wedges

*Note:

Pipli is one of the hot spices, which is round in shape and dark gray in color.

Method:

- Boil beef, bones and bone marrow with 1 onion and black pepper corns in 10–12 cups of water for 4–6 hours
- Finely grind aniseeds, big cardamom seeds, pipli and ginger powder together and keep aside
- In a separate pot, heat Dalda Cooking Oil on medium heat for 3–4 minutes and fry the remaining 2 onions till golden. Add garlic paste and sauté for 1–2 minutes. Then add flour and cook until fragrant
- Mix salt, red chilli powder, coriander, cumin and ground spices in yogurt and pour it in the pot. Stir until oil separates. Then add the meat pieces and stir well for 4–5 minutes
- Strain the beef stock, pour it in the pot and simmer for 20–30 minutes so the meat tenderises well. Sprinkle citric acid, cook for 3–4 minutes and remove from stove

Presentation:

Garnish and serve hot with naan.

Tip:

To make chicken nihari, follow the same recipe. However, when making stock, cook it for 30 minutes to 1 hour with only half the quantity of water.

Handy Hint

For cracked heels in winters, mix 4 tbsp glycerin with a lemon's juice and ¼ teaspoon alum (phitkari); rub on heels at bed time.

55 Achar Gosht

Ingredients:

Meat	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Onions (finely chopped)	3 medium
Yogurt (whipped)	1 cup
Tomatoes (cubed)	3 medium
Red Chilli Powder	1 tbsp.
Whole Coriander	1 tbsp.
Cumin Seeds	1 tbsp.
Aniseed	1 tbsp.
Mustard Seeds	1 tsp.
Nigella Seeds	1 tsp.
Fenugreek Seeds	½ tsp.
Dalda Cooking Oil	½ cup

Garnish:

Green Chillies	3–4
Fresh Coriander (chopped)	½ bunch

Method:

- In a pot, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add onions and stir-fry for 3–4 minutes
- Add ginger garlic, meat, red chilli and yogurt and mix well. Cover and cook until oil separates
- Coarsely grind whole coriander, cumin, aniseed, mustard seeds, nigella seeds and fenugreek and add to the meat with salt and tomatoes. Mix well
- Garnish and cook until the water in the tomatoes dries completely and the meat is tender

Presentation:

Serve with chappati or boiled rice.

Tip:

For an enhanced flavour, ground spices may also be stuffed in green chillies.

Handy Hint

To remove any unpleasant odour from the refrigerator, place a small bowl with baking soda in the middle shelf. Refresh the bowl every 15 days.

Mutton Stew

Ingredients:

Mutton or Lamb	1 kg
Salt	as per taste
Garlic Cloves (crushed)	8–10
Ginger (julienne)	1–2 tbsp.
Onion (chopped)	1½ kg
Whole Coriander	1 tbsp.
Cumin Seeds	1 tbsp.
Whole Red Chillies	10–12
Bay Leaves	1–2
Cinnamon	1–2 inch piece
Black Pepper Corns	6–8
Big Cardamom	3–4
Yogurt	1 cup
Dalda Cooking Oil	¾ cup

Method:

- Marinate the meat with salt, ginger, garlic, onions, coriander, cumin, red chillies, bay leaves, cinnamon, black pepper, cardamom, yogurt and 3–4 tablespoons of Dalda Cooking Oil
- Cook the meat in a pot on high heat for 5–7 minutes. Then lower the heat and cook until the meat is fully tender
- Add the remaining Dalda Cooking Oil and stir well until oil separates
- Simmer on low heat for 3–4 minutes and remove from stove

Presentation:

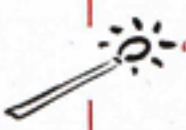
Serve hot with naan.

Tip:

For an enhanced flavour, marinate the meat for 1–2 hours before cooking.

Handy Hint

To keep your eyes from watering while chopping onions, put peeled onions in a plastic bag and refrigerate for some time.



57 Mincemeat Chutney

Ingredients:

Mincemeat	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Onion (finely sliced)	1 medium
Red Chilli Powder	1 tbsp.
Turmeric Powder	1 tsp.
Cumin Seeds	1 tbsp.
Coconut Powder	4 tbsp.
Tamarind Pulp	2 cups
Fresh Coriander (chopped)	1 bunch
Mint Leaves (chopped)	1 bunch
Green Chillies (chopped)	6–8
Dalda Cooking Oil	1 cup

Method:

- In a pot, heat Dalda Cooking Oil on medium heat for 3–4 minutes and stir-fry the onions till golden. Add ginger garlic and sauté for 1–2 minutes
- Add mincemeat, salt, red chilli and turmeric and mix well. Cook on low heat until water from the mincemeat dries
- Add cumin, coconut, fresh coriander, mint and green chillies and mix well. Then add tamarind and cook on low heat until oil separates

Presentation:

Mincemeat Chutney can be served with parathas as a main course or with daal and rice as a side dish.

Tip:

This dish can also be made with chicken mince.

Handy Hint

Mincemeat chutney can be stored in an airtight container and refrigerated for 4-5 days. It is especially good for sehri during Ramadan.

Kunnah

Ingredients:

Meat (cut in big pieces)	1 kg
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	2 medium
Red Chilli Powder	2 tbsp.
Turmeric Powder	1 tsp.
Yogurt	1 cup
Whole Garam Masala	1 tbsp.
Big Cardamom	1–2
Caraway Seeds	1 tsp.
Wheat Flour	½ cup
Dalda VTF Banaspati	¾ cup

Garnish:

Ginger (julienne)

Method:

- Dissolve wheat flour in a cup of water to make a thick paste
- In a pot, heat Dalda VTF Banaspati on medium heat for 3–4 minutes and add whole garam masala. When it pops, add onions and stir-fry till golden
- Add ginger garlic paste and sauté for 1–2 minutes. Then add meat and stir well until banaspati separates
- Mix yogurt with salt, red chilli, turmeric, cardamom and caraway seeds and pour it on the meat. Add the flour paste and mix well
- Add 4–6 cups of water, cover and simmer on low heat until the meat is fully tender

Presentation:

Garnish and serve hot with naan.

Tip:

For special occasions, trotters (paye) can also be added for an enhanced flavour.

Handy Hint

To polish furniture at home, mix olive oil, turpentine oil and spirit in equal quantities, dip a cotton ball or a cloth and wipe the furniture with it.

Spicy Mutton Kidneys

Ingredients:

Mutton Kidneys	12
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Red Chillies (crushed)	1 tsp.
Black Pepper (freshly ground)	½ tsp.
Fresh Coriander (chopped)	1 bunch
Green Chillies (chopped)	2
Lemon Juice	2 tbsp.
Dalda Cooking Oil	½ cup

Method:

- Boil 6–8 cups of water in a pot. Cut the kidneys in half and add them to the pot. Drain the water when it comes to a boil
- In a separate pot, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add ginger garlic paste, kidneys and salt and mix well
- Cover and cook until water in the kidneys dries. Then add red chilli, black pepper, fresh coriander and green chillies and stir well until oil separates

Presentation:

Dish out, sprinkle lemon juice and serve with parathas.

Tip:

While boiling kidneys, add 3–4 unpeeled garlic cloves to avoid any unpleasant odour.

Handy Hint

Test an egg before frying by putting it in cold salty water. Use the egg if it sinks to the bottom and discard the egg if it floats.

Beef Khowsey

Ingredients:

Spaghetti	1 packet (200 grams)
Dalda Cooking Oil	4–6 tbsp.

Coconut Curry:

Coconut Milk	2–3 cups
Gram Flour	4 tbsp.
Salt	as per taste
Turmeric Powder	½ tsp.
Lemon Juice	2–3 tbsp.
Green Chillies (chopped)	2–3

Meat Curry:

Boneless Meat (cubed)	½ kg
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Onion (finely sliced)	1 medium
Red Chilli Powder	1 tsp.
Cumin Seeds	1 tsp.
Tomatoes (finely sliced)	2–3 medium
Dalda Cooking Oil	4–6 tbsp.

Garnish:

Cut samosas wrappers into thin strips and deep fry in **Dalda Cooking Oil.**

Method:

- Break spaghetti in small pieces and boil it in 10–12 cups of water until tender. Drain the water and mix it with 4–6 tablespoons of Dalda Cooking Oil and keep aside
- To make coconut curry, mix gram flour with coconut milk and add turmeric and green chillies. Cook it on low heat for an hour and remove from stove. Add salt and lemon juice and mix well
- To make meat curry, heat 4–6 tablespoons of Dalda Cooking Oil in a wok on medium heat for 3–4 minutes. Add onions and stir-fry till light golden
- Add ginger garlic paste and cumin and stir for a minute. Then add tomatoes and red chilli and mix well. Cook until tomatoes are tender. Add salt and meat and mix well
- Add 1½ cups of water and cook the meat until oil separates

Presentation:

Spread the spaghetti in a deep round platter. Add the meat curry in the middle and pour coconut curry on top. Garnish and serve hot.

Tip:

For an enhanced flavour, add tarka on coconut curry with a few curry leaves fried in 2–3 tablespoons of Dalda Cooking Oil.

Handy Hint

For a lighter and crispier cake, add a few drops of lemon juice to the cake batter before baking.

61 Dum Kay Pasanday

Ingredients:

Beef Fillet	1 kg
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Raw Onions (ground)	2 medium
Brown Onion	½ cup
Red Chilli Powder	1 tbsp.
Cumin Seeds	1 tbsp.
Garam Masala Powder	1 tbsp.
Yogurt	1 cup
Raw Papaya (ground)	2 tbsp.
Roasted Gram	4 tbsp.
Poppy Seeds	2 tbsp.
Whole Coriander	1 tbsp.
Charcoal	a small piece
Dalda VTF Banaspati	½ cup

Garnish:

Fresh Coriander (chopped)
Mint Leaves (chopped)
Green Chillies (chopped)
Lemon Slices

Method:

- Mix cumin seeds with roasted gram, poppy seeds and whole coriander and grind to a fine powder. Then add salt, ginger garlic paste, raw and brown onion, papaya, red chilli powder, garam masala and yogurt. Mix well
- Marinate the beef fillets with the spice mixture and keep aside for 4–6 hours
- Heat charcoal on a stove flame until red hot. Shift the marinated fillets to a pot. Put a foil paper or an onion peel in the middle and place the charcoal on the foil. Pour 1–2 tablespoons of Dalda VTF Banaspati on the charcoal and cover immediately so that the smoke does not escape
- After 15–20 minutes, remove the charcoal and cook the fillets on medium heat for 5–7 minutes. Then lower the flame and cook till the water in the fillets dries
- Add the remaining Dalda VTF Banaspati and stir well until banaspati separates

Presentation:

Dish out and garnish. Serve hot with parathas.

Tip:

Instead of raw papaya, ripe papaya can also be used.

Handy Hint

Adding a little salt while grinding green chillies not only helps quicken the process, but also helps make a fine paste.

Mincemeat Cutlets

Ingredients:

Mincemeat	1 kg
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Cumin Seeds	1 tbsp.
Black Pepper (freshly ground)	1 tsp.
Potatoes (boiled & mashed)	½ kg
Onion (finely sliced)	1 large
Fresh Coriander (chopped)	½ bunch
Green Chillies (chopped)	4–6
Eggs (beaten)	2
Bread Crumbs	1 cup
Dalda Cooking Oil	for frying

Method:

- In a pot, boil mincemeat on medium heat with ginger garlic paste, cumin seeds, black pepper and onions till water in the mincemeat dries
- Cool the mincemeat completely and add mashed potatoes, fresh coriander, salt and green chillies. Mix well. Make cutlets and refrigerate for 10–15 minutes
- Dip the cutlets in beaten eggs, toss them in bread crumbs and refrigerate again for 10–15 minutes
- In a wok or a frying pan, heat Dalda Cooking Oil on medium heat for 3–5 minutes and fry the cutlets till golden brown
- Place the cutlets on a kitchen towel or absorbent paper

Presentation:

Serve hot with salad.

Tip:

For added flavour, potatoes can also be boiled with mincemeat.

Handy Hint

For freshness of skin, boil a few mint leaves in 1 litre water. Chill and drink daily.

63 Lasagne

Ingredients:

Lasagne	1 packet (200 grams)
Red Chillies (ground)	1 tbsp.
Chilli Sauce	4 tbsp.
Oregano Powder	1 tsp.
Thyme Powder	1 tsp.
Dalda Cooking Oil	½ cup

Ingredients for Mincemeat:

Mincemeat	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Onions (finely sliced)	2 medium
Black Pepper (ground)	1 tbsp.
White Pepper Powder	1 tsp.
Tomato Paste	2 cups
Vinegar	2 tbsp.
Dalda Cooking Oil	½ cup

Ingredients for White Sauce:

Butter or Margarine	3 tbsp.
Plain Flour (Maida)	3 tbsp.
Milk	3 cups
Cheddar Cheese	200 grams
Salt	to taste
Sugar	1 tsp.
Chinese Salt	1 tsp.
White Pepper Powder	1 tsp.

Method:

- Boil lasagne strips in salted water. Strain when tender and refresh under cold water
- To make the mincemeat, cook all the ingredients with mincemeat until the water in the mincemeat dries and oil separates
- To make the white sauce, melt butter in a pot and add flour. Stir with a wooden spoon for 3–4 minutes. When fragrant, add milk a little-at a time, stirring continuously to avoid lumps. Remove from heat when thick. Add salt, white pepper, sugar, Chinese salt, and cheese. Mix well
- Apply a little Dalda Cooking Oil on a baking dish and put a layer of lasagne strips. Spread some mincemeat and white sauce and sprinkle red chilli, chilli sauce, oregano and thyme powder. Sprinkle 2-3 tablespoons of Dalda Cooking Oil on top. Repeat the above process twice
- Preheat an oven on 200c for 20 minutes. Bake the lasagne dish for 20–25 minutes, or until golden brown on top

Presentation:

Cut the lasagne into square pieces and serve hot.

Tip:

Dip a knife in warm water before cutting the lasagne.

Handy Hint

The easiest way to divide a cake into layers is by using a piece of thick thread. Hold the thread around the cake and pull it in the opposite direction, the cut will be neat and even.

Afghani Kebab with Tomato Gravy

Ingredients:

Mincemeat	1 kg
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Black Pepper (freshly ground)	1 tbsp.
Onions (finely chopped)	2 medium
Tomatoes (boiled & blended)	1 kg
Dalda Cooking Oil	1 cup

Garnish:

Green Chillies (chopped)
Fresh Coriander (chopped)

Method:

- Add ginger garlic paste, onions, ½ teaspoon black pepper and salt to mincemeat and knead well
- Make oblong shaped kebabs and refrigerate for 10–15 minutes
- In a wok or a frying pan, heat Dalda Cooking Oil on medium heat for 3–4 minutes and fry the kebabs till golden
- In a pot, slightly heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add tomatoes, salt and ½ teaspoon black pepper and stir for 3–4 minutes
- Then spread the kebabs in the pot. Simmer on low heat for 5–7 minutes and remove from stove

Presentation:

Garnish and serve hot with roghni naan or boiled rice.

Tip:

Lightly boil and peel the tomatoes and then blend them to make a fine paste.

Handy Hint
Wash the vegetables before cutting or chopping to preserve their nutrients.

65 Mutton Leg Roast

Ingredients:

Leg of Mutton	1½ kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Brown Onion	1/2 cup
Whole Red Chillies	10–12
Cumin Seeds	1 tbsp.
Whole Coriander	2 tbsp.
Coconut Powder	4 tbsp.
Garam Masala Powder	2 tbsp.
Yogurt	1 cup
Dalda Cooking Oil	½ cup

Method:

- Crack the mutton leg bone from the middle and make deep cuts
- Roast red chillies with coriander, cumin and coconut on a griddle and then grind
- Mix onion with yogurt and grind. Add salt, ginger garlic paste, garam masala and ground spices to the yogurt and mix well. Marinate the mutton leg with this mixture and refrigerate the leg for 4–6 hours
- In a large pot, slightly heat Dalda Cooking Oil on medium heat for 3–4 minutes. Place the marinated leg in the pot and cook on medium heat for 5–7 minutes. Then lower the flame and cook for 25–30 minutes
- Turn the leg on the other side with the help of two spoons and cook for another 30 minutes on low heat

Presentation:

Serve with French bread and boiled vegetables.

Tip:

Add 2 cups of water to the pot to tenderise the leg further.

Handy Hint

To clean oven trays and pans, line them with aluminum foil. Add 1 cup warm water mixed with 1 tsp baking soda. Place it in a preheated oven at 150C for a couple of minutes and remove. When it cools, remove the foil and wash.

Malai Kebab

Ingredients:

Mincemeat	1 kg
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Red Chilli Powder	1 tbsp.
Garam Masala Powder	1½ tbsp.
Raw Papaya (ground)	2 tbsp.
Fresh Coriander (chopped)	½ bunch
Mint Leaves (chopped)	½ bunch
Green Chillies (chopped)	6–8
Bread Slices	4
Eggs	2
Fresh Cream	½ cup
Dalda Cooking Oil	for frying

Garnish:

Onion Rings

Method:

- Soak bread slices in 1 cup milk for 10–12 minutes. Drain the milk by pressing each slice firmly with a wooden spoon
- Knead mincemeat with bread slices, ginger garlic paste, salt, red chilli powder, garam masala, papaya, fresh coriander, mint leaves and green chillies
- Add fresh cream to the mincemeat and mix well. Make oblong shaped kebabs on wooden skewers and refrigerate for some time
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Dip the kebabs in beaten eggs and fry till golden

Presentation:

Arrange in a platter, garnish and serve with ketchup.

Tip:

The kebabs can be grilled in an oven or barbequed without being dipped in eggs. Just glaze them with a little Dalda Cooking Oil from time to time.

Handy Hint

If fresh cream turns a bit sour, add a pinch of baking soda and half a teaspoon of sugar in a cup of cream. Whip and add two drops of vanilla essence. The cream will be fresh again.

Dalda

67 Prawn & Cheese Karahi

Ingredients:

Prawns (washed & deveined)	1 kg
Cottage Cheese (cubed)	200 grams
Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	2 medium
Tomatoes (chopped)	5–6 medium
Big Green Chillies	3–4
Bay Leaves	2
Red Chilli Powder	1 tbsp.
Turmeric Powder	½ tsp.
Cumin Seeds	1 tsp.
Garam Masala Powder	1 tbsp.
Dry Fenugreek	1 tsp.
Black Pepper (freshly ground)	½ tsp.
Dalda Cooking Oil	½ cup

Garnish:

Fresh Coriander (chopped)	½ bunch
Ginger (julienne)	2 tbsp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Add bay leaves and sauté onions till soft
- Add garlic and stir-fry for a minute. Then add tomatoes and stir for 2–3 minutes
- Add salt, red chilli powder, cumin and turmeric and mix well. Cook until the tomatoes are half tender
- Add prawns and mix well. Cover and cook on medium heat till water in the prawns dries
- Add cottage cheese, green chillies, garam masala, fenugreek and black pepper. Simmer on low heat for 5–7 minutes

Presentation:

Garnish and serve hot with naan.

Tip:

To keep cheese cubes firm during cooking, stir-fry them for 2–3 minutes and then keep them in cold water for 3–4 minutes.

Handy Hint

When peeling prawns, place a bowl of water with a few fresh mint leaves nearby to avoid attracting flies.

Dalda

Coconut Fish Curry

Ingredients:

Fish Fillet (boneless)	1 kg
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Onion (finely sliced)	1 medium
Tomatoes (chopped)	2 medium
Red Chilli Powder	1 tbsp.
Turmeric Powder	1 tsp.
Coriander Powder	1 tbsp.
Cumin Seeds	1 tsp.
Fenugreek Seeds	½ tsp.
Coconut Milk*	1½ cup
Mustard Seeds	½ tsp.
Dalda Cooking Oil	4 tbsp.

Garnish:

Green Chillies (chopped)
Fresh Coriander (chopped)

Method:

- In a pot, slightly heat Dalda Cooking Oil on low heat for 3–4 minutes. Add fenugreek and mustard seeds. When they pop, add onions and sauté until slightly soft
- Add ginger garlic paste, salt, red chilli powder, turmeric, coriander powder, cumin and tomatoes. Stir well until oil separates.
- Add fish fillets and lightly shake the pot with pot holders. This will preserve the shape of the fillets and also coat them with the spices
- Add coconut milk and bring to a boil for 2–3 minutes on high heat. Then cover and simmer on low heat for 5–7 minutes

Presentation:

Dish out, garnish and serve with boiled rice.

*Tip:

To make coconut milk, add ½ cup cold water in 1 cup desiccated or fresh coconut and blend for 1–2 minutes.

Handy Hint

To keep the fish from sticking to the pan while baking, lay it on a bed of onions, spring onions or celery.

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Prawn Pulao

Ingredients:

Prawns	1 kg
Rice (washed & soaked)	1 kg
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Onions (finely sliced)	2 medium
Tomatoes (finely sliced)	3 medium
Red Chilli Powder	1 tbsp.
Coriander Powder	1 tbsp.
Turmeric Powder	1 tsp.
Fenugreek Seeds	a few
Mustard Seeds	½ tsp.
Dalda Cooking Oil	½ cup

Garnish:

Spring Onion (chopped)

Method:

- Peel and wash the prawns thoroughly
- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes. Add fenugreek and mustard seeds and stir-fry for a minute. Add onions and fry till golden brown
- Add ginger garlic paste and prawns and cook until oil separates
- Add salt, red chilli powder, coriander powder, turmeric and tomatoes. Mix well. Add rice with 4 cups of water, cover and cook on medium heat until the water dries
- When the water has nearly dried up, put the pot on a hot griddle, cover and simmer on low heat for 5–10 minutes

Presentation:

Dish out, garnish and serve hot.

Tip:

Refrigerating the prawns for some time makes them easier to peel.

Handy Hint

To remove turmeric stains from hands, apply cold cream mixed with some lemon juice.

Green Spice Fish

Ingredients:

Whole Fish	1½ kg
Salt	as per taste
Garlic	4–6 cloves
Tomatoes	2 medium
Garam Masala Powder	1 tsp.
Vinegar	3 tbsp.
Fresh Coconut (ground)	4 tbsp.
Curry Leaves	5–6
Green Chillies	8–10
Fresh Coriander	2 bunches
Lemon Juice	4–6 tbsp.
Dalda Cooking Oil	for frying

Method:

- Wash fish with a mixture of water, salt and 1 tablespoon of vinegar. Marinate it with 2–3 tablespoons of lemon juice, cover and refrigerate for an hour. In the meantime, prepare the green spice mixture
- Blend the tomatoes with garlic, coconut, green chillies and fresh coriander. Add salt and garam masala powder and mix well
- In a pot, heat 1 tbsp Dalda Cooking Oil on medium heat for 2 minutes. Add the blended spices and stir well until oil separates. Remove from heat and add the remaining lemon juice. The green spice mixture is ready
- In a wok, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Deep fry the marinated fish till light golden
- In a pot or wok, add 1–2 tbsp Dalda Cooking Oil and place the fish in it. Spread the green spice mixture on the fish
- Add curry leaves and simmer the fish on low heat for 4–5 minutes. Sprinkle lemon juice in the end

Presentation:

Carefully place the fish on a fish-shaped dish and serve hot.

Tip:

Instead of fresh coconut, dry coconut can also be used after soaking it in water for 10–15 minutes.

Handy Hint

If a chewing gum sticks to a surface, remove by rubbing it with an ice cube.

71 Dried Prawn Curry

Ingredients:

Dried Prawns	1 kg
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Onions (finely sliced)	3 medium
Red Chilli Powder	1 tbsp.
Turmeric Powder	1 tsp.
Dalda Cooking Oil	¾ cup

Garnish:

Green Chillies (chopped)	4–6
Fresh Coriander (chopped)	½ bunch

Method:

- Wash and soak the prawns for half an hour.
- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes. Fry the prawns for 3–4 minutes and remove
- In the same pot, fry the onions till golden. Then add ginger garlic paste, salt, red chilli powder and turmeric. Add a little water and stir well until oil separates
- Add the fried prawns and mix well. Cover and simmer on low heat for 8–10 minutes

Presentation:

Dish out, garnish and serve hot.

Tip:

Before washing prawns, rub them with a kitchen towel to remove any dirt.

Handy Hint

To avoid the unpleasant smell of fish during cooking, light a candle near the stove.

Dalda

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Sweet & Sour Fish

Ingredients for Fish:

Fish Fillets	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
White Pepper Powder	1 tbsp.
Soya Sauce	2 tbsp.

Ingredients for Batter:

Plain Flour (Maida)	1 cup
Corn Flour	½ cup
Egg Whites	2
Salt	as per taste
White Pepper Powder	½ tsp.
Chilled Water	as required
Dalda Cooking Oil	for frying

Ingredients For Sauce:

Tomato Paste	1 cup
Tomato Ketchup	1 cup
Fish Stock	2 cups
Vinegar	2 tbsp.
Soya Sauce	2 tbsp.
Salt	as per taste
White Pepper Powder	1 tsp.
Corn Flour	2–3 tbsp.
Dalda Cooking Oil	4 tbsp.

Garnish:

Spring Onion (chopped)	1

Method for Fish:

- Marinate fish fillets with all the fish ingredients and refrigerate for 15–20 minutes

Method for Batter:

- Mix all the batter ingredients (except Dalda Cooking Oil) and make a thick paste with chilled water. Dip the fish fillets in the batter and refrigerate for 10 minutes
- In a wok, heat Dalda Cooking Oil on medium heat for 3–4 minutes and fry the fillets till golden

Method for Sauce:

- To make the fish stock, boil ½ kg large fish bones in a pot with 6–8 cups of water until only two cups of stock remain. To avoid heek, add one small whole peeled onion, 2–4 black pepper corns and a bay leaf when it comes to a boil
- In a pot, add all the sauce ingredients (except corn flour) with Dalda Cooking Oil and cook on medium heat for 5–7 minutes
- Add fried fillets and cook for 2–3 minutes. Dilute cornflour in a little water and pour it slowly, stirring continuously
- Cook for another 2–3 minutes and dish out

Presentation:

Garnish and serve hot with boiled rice.

Tip:

Instead of boneless fish fillets, small cubes can also be used.

Handy Hint

When grating cheese, apply a small amount of Dalda Cooking Oil on the grater. The last bit of cheese will be easier to grate and will not stick to the grater.

Crispy Fish Fillet
With Tartar Sauce

Ingredients:

Boneless Fish Fillet (cleaned & washed)	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
White Pepper Powder	1 tbsp.
Mustard Paste	1 tsp.
Vinegar	4 tbsp.
Eggs (beaten)	2
Bread Crumbs	as required
Seasoned Flour*	2 cups
Dalda Cooking Oil	for frying

Tartar Sauce:

Mayonnaise	1 cup
Salt	as per taste
Parsley (chopped)	4 tbsp.
Onion (finely chopped)	1 medium
Tomatoes (finely chopped)	2 medium
Cucumber (finely chopped)	1 medium
Carrot (finely chopped)	1 small
Black Olives (chopped)	4–6
Green Olives (chopped)	4–6
Sugar	1 tbsp.
Vinegar	4–6 tbsp.

Method:

- Marinate fish fillets with salt, white pepper, garlic, mustard and vinegar. Refrigerate for half an hour
- Roll the fish in seasoned flour so that a thick layer of flour stays on. Dip the fillets in egg and then coat with bread crumbs. Refrigerate again for 10–15 minutes
- In a frying pan, heat Dalda Cooking Oil on medium heat for 3–5 minutes and fry the fish fillets till golden

Method for Tartar Sauce:

- Add all the ingredients one by one and mix well to make a smooth paste

Presentation:

Serve fish fillets with tartar sauce and french fries.

*Tip 1:

Seasoned flour is normally used to coat something that needs to be fried. To make seasoned flour, sift 1 cup flour and mix with salt as per taste and ½ tsp black pepper powder.

Tip 2:

To make delicious French Fries, boil fries in boiling water for 3 minutes and refresh with cold water. Sprinkle seasoned flour and deep fry in Dalda Cooking Oil.

Handy Hint

To get rid of ants, mix salt and turmeric powder in equal quantities and sprinkle it in the corners of walls.

Dalda
جہاں ماں تاں وہاں ڈالڈا

Prawn Tempura

Ingredients:

Prawns (large size)	1 kg
Salt	as per taste
Garlic Paste	1 tsp.
White Pepper (crushed)	1 tsp.
Dalda Cooking Oil	for frying

For the Batter:

Plain Flour (Maida)	1 cup
Corn Flour	¾ cup
Egg	1
Soda Water (chilled)	as required

Method:

- Shell and devein the prawns. Leave the tails on for presentation
- Make 3 slant cuts in each prawn to keep from shrinking. Marinate them with salt, garlic and white pepper and refrigerate for 30 minutes
- To make the batter, sift both flours together in a bowl. Add egg and soda water to make a thick paste and refrigerate for 10–15 minutes
- In a wok or a frying pan, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Dip each prawn in the batter and deep fry until golden brown or till the prawns are cooked thoroughly
- It is best to fry the prawns in batches to allow the batter to rise fully

Presentation:

Place the prawns on a tissue or absorbent paper and serve with stir fried vegetables.

Tip:

The batter used in this recipe can also be used to fry fish and assorted vegetables.

Handy Hi

Prevent cold shortening from sticking to
electric or egg beater by immersing the bea
in hot water before usi

75 Thai Fish Cutlets

Ingredients:

Boneless Fish Fillet	1 kg
Salt	as per taste
Thai Curry Paste*	4 tbsp.
Spring Onions (chopped)	3–4
Fresh Coriander (chopped)	½ bunch
Red Chillies (crushed)	1 tbsp.
Rice Flour or Corn Flour	½ cup
Eggs (beaten)	2
Dalda Cooking Oil	for frying

Garnish:

Parsley (chopped)

Method:

- Mix fish fillets with salt, curry paste, spring onion, fresh coriander and red chillies and grind in a food processor
- Mix well and refrigerate for 10–15 minutes
- Add flour and eggs in the fish and mix well. Make cutlets and refrigerate for another 10–15 minutes
- In a wok or a frying pan, heat Dalda Cooking Oil on medium heat for 3–5 minutes and fry the cutlets till golden

Presentation:

Garnish and serve hot.

*Tip:

To make Thai curry paste at home, mix 3–4 tbsp tomato paste with 1 tsp mustard paste, ½ tsp red chilli powder and ½ tsp coriander powder.

Handy Hint

To make bread crumbs, keep bread slices in a warm oven for 10-12 minutes, cool and then grind. Preserve in an airtight container.

Bagharay Baigan

Ingredients for Brinjal:

Brinjal (small round ones)	1 kg
Salt	as per taste
Onion	1 large
Coconut Powder	4 tbsp.
Peanuts	4 tbsp.
Poppy Seeds	2 tbsp.
Sesame Seeds	2 tbsp.
Whole Coriander	2 tbsp.
Cumin Seeds	1 tbsp.
Red Chilli Powder	1 tsp.
Turmeric Powder	½ tsp.

Ingredients for Gravy:

Raw Onions (ground)	2 medium
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Whole Red Chillies	6–8
Cumin Seeds	½ tsp.
Mustard Seeds	½ tsp.
Fenugreek Seeds	½ tsp.
Nigella Seeds	½ tsp.
Curry Leaves	a few
Whole Green Chillies	2–3
Coriander Powder	1 tbsp.
Red Chilli Powder	1 tbsp.
Turmeric Powder	1 tsp.
Tamarind Pulp	1 cup
Dalda Cooking Oil	1 cup

Garnish:

Curry Leaves	a few
Green Chillies	3–4

Method for Brinjal:

- On a griddle, roast peanuts with poppy seeds, sesame seeds, coriander and cumin on medium heat for 3–4 minutes. Pierce the onion onto a fork or knife and roast it over a direct flame for 5–7 minutes until the peel turns black
- Peel the onion and grind it with the roasted spices, salt, red chilli powder, coconut and turmeric to make a paste
- Wash and dry brinjals and make a crosscut at the back for stuffing
- Put a pinch of salt in the crosscut and stuff the ground paste into each brinjal. Tightly close by pressing with both hands and keep aside

Method for Gravy:

- In a pot, heat Dalda Cooking Oil on medium heat for 2–3 minutes and add all the whole spices. When they pop, add ground onion and fry till slightly golden. Add the remaining spices and stir well, sprinkling a little water from time to time
- When oil begins to separate from the spices, add the brinjal and ½ cup water. Cover and cook on medium heat for 5–7 minutes. Then add tamarind and simmer on low heat for 5–7 minutes

Presentation:

Dish out and garnish. Serve with boiled rice as a main dish or with daal and rice as a side dish.

Tip:

This dish can be preserved for a week by adding an additional ½ cup of Dalda Cooking Oil and refrigerating in an airtight container.

Handy Hin

To clean rust stains from clothes, rub warm lemon juice on the stain and keep aside fo 5 minutes. Wash with detergent powder an cold water

Qeema Bharey Karelay

Ingredients:

Bitter Gourd	1 kg
Mincemeat	½ kg
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Onion (finely sliced)	1 medium
Red Chilli Powder	1 tbsp.
Coriander Powder	1 tbsp.
Turmeric Powder	1½ tbsp.
Cumin Seeds	1 tsp.
Jaggery	1 tbsp.
Tamarind Pulp	4 tbsp.
Dalda Cooking Oil	½ cup

Method:

- Peel bitter gourds, cut lengthwise into two pieces and deseed. Marinate them with salt and 1 tablespoon of turmeric and keep aside for an hour
- In a pot, slightly heat 2 tablespoons of Dalda Cooking Oil on medium heat for 2–3 minutes. Golden fry the onions and then sauté ginger garlic paste for a minute.
- Add mincemeat, red chilli powder, turmeric, coriander powder and cumin. Mix well and cook on low heat until water in the mincemeat dries. Stir well for 3–4 minutes and remove from heat
- Wash bitter gourds thoroughly and pat dry with a cloth. Fill mincemeat in one half, cover with the other and secure with a thread
- In a frying pan, heat Dalda Cooking Oil on medium heat for 3–4 minutes and fry the bitter gourds till golden. Spread the remaining mincemeat in the pot and arrange bitter gourds on top
- Add tamarind and jaggery and mix well. Cover and simmer on low heat for 5–7 minutes

Presentation:

Dish out and serve hot with chappati.

Tip:

Instead of tamarind, 2–3 raw mango slices can also be used.

Handy Hint

To soften jaggery when kept for a long time, heat it in a microwave oven for a few seconds or keep it in a plastic bag and soak in warm water for 2-3 minutes.

Yogurt Karhi

Ingredients for Karhi:

Yogurt	½ kg
Gram flour	½ cup
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Red Chilli Powder	1 tsp.
Turmeric Powder	½ tsp.
Whole Coriander (ground)	1 tbsp.
Onion (finely sliced)	1 medium
Green Chillies	3–4
Curry Leaves	a few

Ingredients for Dumplings (Pakoras):

Gram Flour	1 cup
Salt	as per taste
Baking soda	½ tsp.
Onion (finely sliced)	1 medium
Green Chillies (chopped)	3–4
Dalda Cooking Oil	for frying

Ingredients for Fry–Garnish (Tarka):

Cumin Seeds	1 tsp.
Fenugreek Seeds	¼ tsp.
Garlic	4–6 cloves
Whole Red Chillies	6–8
Curry Leaves	a few
Dalda Cooking Oil	½ cup

Method for Karhi:

- Sift gram flour and mix it with yogurt. Add red chilli powder, coriander, turmeric, ginger garlic paste and 4 cups of water. Mix well. Shift to a pot and boil on low heat for 10–15 minutes
- Then add onion, green chillies and curry leaves and let it cook on low heat for an hour. In the meantime, prepare the dumplings and tarka
- When green chillies are tender, add dumplings (pakoras) and mix well. Pour the tarka on top
- Season with salt in the end

Method for Dumplings (Pakoras):

- Mix all the ingredients (except oil) in flour and make a thick paste with some water. Cover and keep in a warm place for half an hour
- Heat Dalda Cooking Oil in a wok on medium heat for 3–5 minutes. Fry the dumplings in batches, till golden

Method for Tarka:

- Heat Dalda Cooking Oil in a wok on medium heat for 3–5 minutes. Fry all the tarka spices and pour it on the karhi

Presentation:

Garnish with fresh coriander and serve hot with boiled rice.

Tip:

Sour yogurt goes very well with karhi. If it is not available, add 2 tablespoons of lemon juice in 1 cup plain yogurt.

Handy Hint

To make crispy dumplings (pakoras), add an egg in 2 cups of gram flour.

Dalda
جہاں ماما وہاں ڈالڈا

79 Khatta Dalcha

Ingredients:

Red Lentils (Masoor Daal)	2 cups
Gourd (peeled & cubed)	½ kg
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Onions (finely sliced)	2 medium
Tomatoes (quartered)	2 medium
Red Chilli Powder	1 tsp.
Turmeric Powder	½ tsp.
Tamarind Pulp	1 cup
Curry leaves	a few
Green Chillies	4–6
Cinnamon Powder	½ tsp.
Dalda Cooking Oil	¾ cup

Method:

- Wash and then boil lentils in a pot with 2 cups of water and 2 tablespoons of Dalda Cooking Oil
- When tender, mash lentils with a wooden spoon or grind in a food processor. Add turmeric, salt, red chilli powder, ginger garlic paste and 2 cups of water. Mix well
- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes and add curry leaves. After a minute, add onions and fry till golden
- Add gourd and stir well for 5–7 minutes. Add the ground lentils, mix well and cook on low heat
- When gourd is tender, add green chillies and tamarind pulp. Add tomatoes after 10 minutes and sprinkle cinnamon powder
- Cook on low heat for 10–15 minutes and remove from stove

Presentation:

Serve with boiled rice.

Tip:

Soak lentils in warm water for 10–15 minutes to tenderise quickly.

Handy Hint

To get rid of lizards, mix tobacco with lime water in equal quantities, put a small amount on pieces of paper and stick them in corners of the wall with scotch tape.

Kharey Masalay ki Maash ki Daal

Ingredients:

Egyptian Lentils (Maash Daal)	2 cups
Salt	as per taste
Onion (finely sliced)	1 medium
Ginger Garlic Paste	1 tsp.
Red Chilli Powder	1 tsp.
Turmeric Powder	½ tsp.
Milk	1 cup
Cumin Seeds	1 tsp.
Garlic (chopped)	6–8 cloves
Whole Red Chillies	4–6
Dalda Cooking Oil	4–6 tbsp.

Garnish:

Mint Leaves
Ginger (julienne)
Green Chillies (chopped)
Brown Onion

Method:

- Wash and then soak lentils in warm water for 20–25 minutes. Add milk and mix well. Shift the lentils to a pot and boil
- Add onion, ginger garlic paste, red chilli powder and turmeric and boil until the lentils are tender
- In a frying pan, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add cumin, chopped garlic and whole red chillies. Stir-fry the spices and pour this tarka over lentils
- Season lentils with salt, cover and simmer on low heat for 4–5 minutes and remove from stove

Presentation:

Garnish and serve hot with chappati.

Tip:

For an enhanced flavour, serve with butter or margarine.

Handy Hint

To preserve lentils (daal), put them in plastic bags and store them in the lower shelf of the refrigerator.

81 Stuffed Ladyfingers

Ingredients:

Ladyfingers	1 kg
Salt	as per taste
Aniseed	1 tbsp.
Whole Coriander	2 tbsp.
Cumin Seeds	1 tbsp.
Whole Red Chillies	6–8
Tamarind Pulp	½ cup
Dalda Cooking Oil	½ cup

Method:

- Wash ladyfingers and make lengthwise slits in them
- On a griddle, slightly roast aniseeds with coriander, cumin and red chillies and then grind. Mix with tamarind pulp and salt
- Stuff the spice mixture into the ladyfingers and refrigerate for 10–15 minutes.
- In a wok, heat Dalda Cooking Oil on medium heat for 3–4 minutes. First fry the ladyfingers on high heat for 2–3 minutes, then cover and cook on low heat for 5–7 minutes and remove from stove

Presentation:

Serve hot with chappati or paratha.

Tip:

To remove any stickiness from ladyfingers, wash and dry them before cutting.

Handy Hint

To get more juice from citrus fruits, microwave them on high heat for 10 - 15 seconds or keep them in hot water for some time.

Dalda
جہاں ماما وہاں ڈالڈا

Pickled Dasheen

Ingredients:

Dasheen	1 kg
Salt	as per taste
Whole Red Chillies	3–4
Red Chillies (crushed)	1 tbsp.
Nigella Seeds	½ tsp.
Fenugreek Seeds	½ tsp.
Cumin Seeds	1 tsp.
Oregano Seeds	½ tsp.
Dried Mango	4–5 slices
Lemon Juice	4 tbsp.
Dalda Cooking Oil	4–6 tbsp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Break whole red chillies into pieces and add them in the wok with cumin and fenugreek seeds. Stir for 1–2 minutes
- Add dasheen, salt, crushed red chillies, nigella and oregano. Mix well and fry for 3–4 minutes
- Cover and cook on low heat for 10–12 minutes. Then add dried mango and lemon juice and cook till the dasheen is tender
- Cover and simmer on low heat for 5 minutes and remove from stove

Presentation:

Serve hot with chappati.

Tip:

Keep peeled dasheen in salted water to avoid stickiness.

Handy Hint

To remove the odour of pickles from a jar, stuff it with crumpled newspaper and freeze overnight. Then wash the jar with warm water mixed with baking soda and rinse with plain water.

83 Spinach with White Lentils

Ingredients:

White Lentils	2 cup
Spinach (wash & finely chop)	1 kg
Salt	as per taste
Garlic	8–10 cloves
Onions (finely sliced)	2 medium
Whole Red Chillies	6–8
Cumin Seeds	1 tsp.
Green Chillies	3–4
Dalda Cooking Oil	½ cup

Garnish:

Ginger (julienne)	1 tbsp.
Green Chillies (chopped)	3–4
Fresh Cream	½ cup

Method:

- Wash and soak lentils for half an hour
- In a pot, cook spinach with lentils, green chillies and onions on medium heat until water in the spinach dries completely
- In a wok, heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add garlic, cumin and red chillies and fry until red. Pour this tarka on lentils and spinach
- Season with salt, cover and cook on low heat for 5–7 minutes and remove from stove

Presentation:

Garnish and serve hot with chappati.

Tip:

Soak spinach for 15–20 minutes and then wash thoroughly 2–3 times to remove dirt completely. Finely chop the spinach after washing.

Handy Hint

To raise the nap of carpeting after heavy furniture has crushed it, place one or two ice cubes on the area.

Sarson Ka Saag

Ingredients:

Fresh Mustard Leaves	1 kg
Salt	as per taste
Garlic	6 cloves
Onion (finely chopped)	1 medium
Whole Red Chillies	6–8
Whole Green Chillies	4
Maize Flour*	½ cup
Dalda VTF Banaspati	1 cup

Garnish:

Butter or Margarine	2 tbsp.
Ginger (julienne)	2 tbsp.

Method:

- Wash mustard leaves thoroughly and finely chop them
- In a pot, cook the leaves with salt, garlic, onion, red and green chillies till water from the leaves dries
- Remove from heat and grind when cool
- In the same pot, heat Dalda VTF Banaspati on medium heat for 3–4 minutes. Add ground saag (mustard leaves) and stir well for 5–7 minutes
- Add maize flour and mix well. Cover and cook on low heat for 5 minutes and remove from stove

Presentation:

Garnish and serve hot.

*Tip:

In case maize flour is not available, wheat flour can be used instead. Please note that maize flour is not the same as corn flour.

Handy Hint

When bugs gather around light bulbs in the monsoon season, place a peeled onion near the bulb to deter them.

85 Vegetable Qorma

Ingredients:

Potatoes	3 medium
Carrots	2 medium
Cauliflower	½ kg
Peas	1 cup
Turnips	3–4 medium
Capsicum	2 medium
Brown Onion	½ cup
Garlic Paste	1 tbsp.
Salt	as per taste
Yogurt	2 cups
Red Chilli Powder	1 tbsp.
Coriander Powder	1 tbsp.
Dalda Cooking Oil	¾ cup

Garnish:

Ginger (julienne)	1 tbsp.
Cumin Seeds (roasted & crushed)	1 tsp.
Garam Masala Powder	1 tsp.

Method:

- Cut potatoes and turnips into fours, cut carrots into medium sized pieces and separate the cauliflower florets
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Fry all the vegetables separately except capsicum and remove from wok
- Mix yogurt with salt, red chilli, coriander and brown onion and whip until smooth
- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes and stir-fry garlic for 1–2 minutes. Add the yogurt and stir well until oil separates
- Add the fried vegetables and capsicum to the pot and mix well. Add half cup water
- Garnish and simmer on low heat for 5–7 minutes and remove from stove

Presentation:

Serve hot with naan or boiled rice.

Tip:

To refrigerate vegetables, keep them separately in brown paper bags or wrap them in kitchen roll individually.

Handy Hint

To keep woolen clothes safe from smells and bugs, keep dry eucalyptus leaves in them.

Ladyfinger Bhujia

Ingredients:

Ladyfingers (cut into small pieces)	1 kg
Salt	as per taste
Onions (finely sliced)	2 medium
Garlic Cloves	6–8
Tomatoes (finely sliced)	3 medium
Whole Red Chillies	6–8
Turmeric Powder	1 tsp.
Cumin Seeds	1 tsp.
Dalda Cooking Oil	½ cup

Method:

- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes and fry the onions till golden
- Add garlic, cumin and red chillies and stir for 1–2 minutes
- Add ladyfingers and fry for 5–7 minutes. Then add salt and turmeric and mix well
- Add tomatoes in the end, cover and simmer on low heat till tomatoes are tender

Presentation:

Dish out and serve hot with chappatis.

Tip:

Fry ladyfingers on high heat in the beginning to remove any stickiness.

Handy Hint

To remove wax from a wooden surface, first soften it with a hairdryer and then rub with a paper towel. Clean it with a mixture of water and vinegar in the end.

Ingredients:

Potatoes	1 kg
Salt	as per taste
Green Chutney*	1 cup
Cheddar Cheese	½ cup
White Pepper Powder	1 tsp.
Black Pepper Powder	1 tsp.
Sugar	1 tsp.
Chinese Salt	1 tsp.
Bread Slices (crushed)	2
Eggs (beaten)	2
Bread Crumbs	2 cups
Dalda Cooking Oil	for frying

For Green Chutney:

Fresh Coriander	1 bunch
Mint Leaves	½ bunch
Green Chillies	3–4
Lemon Juice	3–4 tbsp.

Method:

- Blend all the chutney ingredients into a fine paste.
- Boil and mash the potatoes. Add salt, cheese, white pepper, black pepper, sugar, Chinese salt, bread slices and green chutney. Mix well
- Make cutlets and refrigerate for 15 minutes
- Dip the cutlets in beaten eggs, toss them in bread crumbs and refrigerate again for 10–15 minutes
- In a wok or frying pan, heat Dalda Cooking Oil on medium heat for 3–5 minutes and fry the cutlets till golden

Presentation:

Serve hot with tomato ketchup.

Tip:

Before making the cutlets, assorted vegetables and boiled eggs can also be added to mashed potatoes.

Handy Hint

If the consistency of the mashed potatoes is looser than desired, add crushed bread slices or bread crumbs

Dhaan Saag

Ingredients:

Gram Lentils	1½ cup
Pumpkin (peeled & cubed)	1 cup
Brinjal (cubed)	1 cup
Spinach (chopped)	1 cup
Salt	as per taste
Ginger Garlic Paste	1 tbsp.
Onion (finely sliced)	1 medium
Tomatoes (cubed)	2 medium
Red Chilli Powder	1 tsp.
Turmeric Powder	1 tsp.
Fenugreek Seeds	a few
Curry Leaves	a few
Green Chillies	4–6
Dalda Cooking Oil	¾ cup

Method:

- Soak gram lentils in 2–3 cups of water for an hour. Shift the lentils to a pot and boil until tender. While boiling, add 2 tbsp Dalda Cooking Oil
- When lentils are completely tender, mash with a wooden spoon or grind in a food processor. Add turmeric, salt, red chilli, ginger garlic paste and 2 cups of water and cook the lentils on low heat
- In a wok, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes. Add fenugreek and curry leaves and when they pop, add onion and stir-fry until golden
- Add the vegetables one by one. Add the tomatoes in the end and stir well until tomatoes are tender
- Invert all the wok ingredients into the lentils pot and mix well. Cook on medium heat until vegetables are tender
- Add green chillies and cook on low heat for 10–15 minutes

Presentation:

Serve hot with boiled rice.

Tip:

For added flavour, boil ½ kg meat separately and add to the vegetables.

Handy Hint

To get rid of bugs & cockroaches, dry your kitchen completely either by letting in sunlight or emptying all the cabinets and wiping them with a hot towel. Sprinkle borax powder in the empty cabinets and line them with brown paper before replacing items.

89 Dasheen Kebabs

Ingredients:

Dasheen	1 kg
Salt	as per taste
Red Chilli Powder	1 tsp.
Cumin Seeds (roasted & ground)	1 tsp.
Dry Mango Powder	2 tbsp.
Tamarind Pulp	2 tbsp.
Gram Flour	1 cup
Mint Leaves (chopped)	½ bunch
Green Chillies (chopped)	3–4
Egg	1
Dalda Cooking Oil	for frying

Method:

- Wash and boil dasheen until tender, then drain the water and peel them
- Place each dasheen in your hand and press firmly with the other to flatten it
- Mix gram flour with salt, red chilli powder, cumin, dry mango powder, tamarind, mint, green chillies and egg. Mix well and form a thick paste by adding a little water
- In a wok, heat Dalda Cooking Oil on medium heat for 4–5 minutes. Dip each dasheen in the paste and fry on low heat
- When the kebabs turn golden, place them on a tissue or absorbent paper

Presentation:

Serve hot with green chutney and tamarind chutney on a bed of dasheen leaves.

Tip:

Soak tamarind in warm water to get more pulp.

Handy Hint

To avoid hand irritation while handling dasheen, rub a little Dalda Cooking Oil on hands.

90 Cabbage Rice

Ingredients:

Basmati Rice (washed & soaked)	1 kg
Salt	as per taste
Cabbage (finely chopped)	1 medium
Green Chillies	4–6
Ginger (julienne)	1 tbsp.
Mustard Seeds	½ tsp.
Nigella Seeds	½ tsp.
Black Pepper (freshly ground)	1 tsp.
Mint Leaves (chopped)	1 bunch
Dalda Cooking Oil	½ cup

Garnish:

Brown Onion
Cucumber Slices

Method:

- In a pot, slightly heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add mustard and nigella seeds and when they pop, add cabbage
- Stir-fry the cabbage for 3–4 minutes, add rice and stir well
- Add salt, black pepper, green chillies, mint and ginger and mix well
- Add 4 cups of water, mix well and cover and cook on medium heat
- When the water dries, place the pot on a hot griddle, cover and simmer on low heat for 5–7 minutes

Presentation:

Garnish and serve hot.

Tip:

For enhanced flavour, use chicken stock instead of water in the same quantity.

Handy Hint

To clean a chopping board, rub it with a lemon slice dipped in salt and then wash.

Dalda
جہاں مامتا وہاں ڈالڈا

91 Eggs with Tomato Curry

Ingredients:

Tomatoes (finely sliced)	1 kg
Salt	as per taste
Garlic Cloves (chopped)	5–6
Curry Leaves	a few
Whole Green Chillies	4–6
Eggs	4
Dalda Cooking Oil	½ cup

Garnish:

Fresh Coriander (chopped)

Method:

- In a large frying pan, slightly heat Dalda Cooking Oil on medium heat for 3–4 minutes. Add garlic and stir-fry till golden. Add green chillies and curry leaves and stir for a minute
- Add tomatoes and salt and cook until tomatoes are tender and form a paste
- Carefully break the eggs in the frying pan so that the yolks do not break
- Lower the heat and cook the eggs for 6–8 minutes or until eggs are cooked

Presentation:

Garnish with fresh coriander and serve hot.

Tip:

The tomatoes can also be blended to make a smooth paste.

Handy Hint

To clean the blender, rotate warm water mixed with detergent powder in the blender and then wash with clean water.

Mexican Rice

Ingredients:

Rice	1 kg
Salt	as per taste
Garlic Paste	1 tbsp.
White Pepper Powder	1 tbsp.
Green Peas (boiled)	2 cups
Sweet Corn	2 cups
Fresh Red Chillies (chopped)	10–12
Dalda Cooking Oil	½ cup

Garnish:

Spring Onion (chopped)
Baby Corn

Method:

- Boil rice in a large pot with 10–12 cups of boiling water. Drain the water and spread the rice in a large tray. Cover and keep aside for 2–3 hours to dry the moisture completely
- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2–3 minutes. Sauté garlic paste for 1–2 minutes. Add peas and corn and stir-fry for 3–4 minutes
- Add the rice and stir until hot. Add salt, white pepper and red chillies and mix well

Presentation:

Garnish and serve hot with Mexican chicken.

Tip:

Boiled fresh corn can also be used instead of sweet corn. Baby corn cans are easily available in the market.

Handy Hint

Before taking out a baked cake from the pan, place the pan on a damp towel to remove the cake easily.

93 Turnip Kebabs

Ingredients:

Turnips	1 kg
Salt	as per taste
Gram Lentils	1 cup
Garlic	6 cloves
Ginger	1 inch piece
Whole Red Chillies	8–10
Whole Coriander	1 tbsp.
Cumin Seeds	1 tbsp.
Mint Leaves (chopped)	1 bunch
Fresh Coriander (chopped)	1 bunch
Green Chillies (chopped)	2–3
Onion (finely chopped)	1 small
Bread slices	2
Egg (beaten)	1
Dalda Cooking Oil	for frying

Method:

- Wash, peel and boil turnips until tender. Cool the turnips and mash them with a wooden spoon, draining the water completely
- Boil lentils on low heat with 2 cups of water, ginger, garlic, red chillies, whole coriander and cumin. When the water dries, remove from heat and cool. Grind the mixture in a food processor. Add turnips and salt and mix well
- Then add egg, bread slices, fresh coriander, mint, green chillies and onion and knead well
- Make kebabs into the required shape. In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes and fry the kebabs till golden

Presentation:

Serve hot with tomato ketchup.

Tip:

Refrigerate the kebabs for 15–20 minutes before frying.

Handy Hint

In summers, wash vegetables with a solution of water and vinegar to keep them fresh and firm.

DESSERTS

Khajoor ki Purian

Ingredients:

Plain Flour (Maida)	1½ cups
Salt	a pinch
Dates (seedless)	1 cup
Sugar	2–3 tbsp.
Milk	½ cup
Dalda VTF Banaspati	for frying

Method:

- Sift flour and add salt with 3–4 tablespoons of Dalda VTF Banaspati
- Boil milk in a small pot. Add sugar and dates and cook on low heat until the dates become soft and mashed. Remove from heat and cool
- Add the date mixture slowly into the flour and knead into a soft dough
- Roll the dough with a rolling pin into a half an inch thick chappati. Cut small puris from the dough with the help of a biscuit cutter or any round shaped lid
- In a wok, heat Dalda VTF Banaspati on medium heat for 5–7 minutes and fry the puris golden

Presentation:

Serve hot with coffee or Kashmiri tea.

Tip:

The puris can be stored in an airtight container for 4–6 days.

Handy Hint

To remove tea stains from clothes, rub the stain with an ice cube and wash with detergent powder and cold water.

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95 Kalakand

Ingredients:

Condensed Milk	1 tin/400 grams
Cottage Cheese*	½ kg
Milk Powder	4 tbsp.
Small Cardamom (ground)	1 tsp.
Dalda Cooking Oil	2 tbsp.

Garnish:

Almond Slivers

Method:

- Crush cottage cheese with a fork and mix well with milk powder. Slowly pour condensed milk and stir well to make a soft paste
- In a heavy based pot, add 1 tablespoon of Dalda Cooking Oil and the paste. Mix well
- Add ground cardamom and cook on medium heat for 8–10 minutes, stirring continously
- Brush 1 tablespoon of Dalda Cooking Oil on a tray and dish out the Kalakand. Cool completely before cutting into pieces

Presentation:

Garnish with almond slivers and serve.

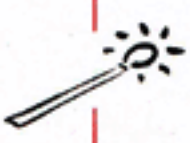
*Tip:

Cottage cheese can easily be made at home. Heat 1 litre milk in a pot and when it comes to a boil, add 2 tablespoons of lemon juice. Boil for 2–3 minutes and remove from heat. Add 1 cup ice cold water and keep aside for 5 minutes. Invert the pot over a flour sifter and drain the water completely by pressing with a wooden spoon. Cottage cheese is ready.

Pheeka Khoya may be used as a substitute for cottage cheese.

Handy Hint

Clean spectacles with a cotton ball dipped in perfume or eau de cologne to make them shine like new.



Suji ki Katlian

Ingredients:

Semolina	½ kg
Sugar	½ kg
Desiccated Coconut	1 cup
Water	1 cup
Big Cardamom (grind the seeds)	3
Dalda VTF Banaspati	½ cup

Garnish:

Almond Slivers
Pistachio Slivers

Method:

- In a pot, mix sugar with water and cook on medium heat for 10–12 minutes to make a thick syrup
- In a wok, heat ¼ cup Dalda VTF Banaspati on medium heat for 3–4 minutes. Add semolina and stir well on low heat until fragrant
- Stir the semolina on a slightly high heat. While stirring, add coconut, sugar syrup, ground cardamom seeds and the remaining Dalda VTF Banaspati. Stir vigorously for a few more minutes and remove from heat

Presentation:

Brush 1–2 tablespoons of Dalda VTF Banaspati on a tray and dish out the semolina. Cool, cut into pieces, garnish and serve.

Tip:

To check if the sugar syrup is ready, place a drop in between your thumb and finger. If it feels sticky, it is ready.

Handy Hint

To protect expensive and important books from smells and silver fish, sprinkle a pinch of white pepper powder in between the pages.

97 Cream Puffs

Ingredients:

Plain Flour (Maida)	2 cups
Eggs	6
Water	2 cups
Dalda Cooking Oil	1 cup

For Filling:

Fresh Cream	1 packet (200 grams)
Sugar	4–6 tbsp.

Method:

- In a wok, mix Dalda Cooking Oil with water and bring to a boil on medium heat
- Add flour and stir well with a wooden spoon until the flour is dry
- Remove from heat and cool completely. Add eggs one at a time, beating continuously
- Preheat an oven at 200c for 15–20 minutes. Brush some Dalda Cooking Oil on a baking tray and drop the batter onto the tray with a tablespoon. Bake for 30–35 minutes
- When the puffs turn a light golden color, remove from the oven and cool

Presentation:

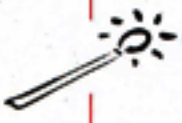
Whip chilled cream with sugar. Make a small slit in puffs, fill a tablespoon of cream in each and refrigerate. Serve chilled.

Tip:

Puffs can be made a day or two before being served, but cream should be filled when serving.

Handy Hint

To preserve mangoes, coat mango chunks or slices with sugar and freeze in an airtight container or plastic bag.



Peanut Roll Cake

Ingredients:

Plain Flour (Maida)	1 cup
Eggs	4
Sugar	¾ cup
Jam (any flavour)	½ cup
Peanuts	½ cup
Dalda Cooking Oil	¼ cup

Method:

- Separate the egg whites from the yolks and beat the egg whites until stiff
- In a separate bowl, beat the egg yolks with sugar and Dalda Cooking Oil
- Sift flour and mix it with the yolks, adding a little at a time. Then add the egg whites and beat lightly
- Preheat an oven on 180c for 20 minutes. Brush 1–2 tablespoons of Dalda Cooking Oil on an oven tray and bake the cake batter into a thin sheet
- When the cake turns a light golden color, remove the tray from the oven and place the cake on a damp towel
- Spread a thick layer of jam on the cake and sprinkle coarsely ground peanuts
- Roll up the cake and sprinkle powdered sugar on top for an attractive presentation

Presentation:

Serve as a full log cake or cut slices like jam rolls.

Tip:

To cut fine slices, roll the cake log in butter paper and refrigerate for some time.

Handy Hint

To easily remove the inner peel of peanuts, shell the peanuts and lightly roast them on a griddle and then rub with both hands.

99 Sheer Khurma

Ingredients:

Vermicelli (small pieces)	1 cup
Milk	1 litre
Sugar	1 cup
Dried Dates (finely sliced)	6–8
Small Cardamom	4–6
Almonds (sliced)	as required
Pistachios (sliced)	as required
Coconut Powder	2–3 tbsp.
Dalda Cooking Oil	4–6 tbsp.

Garnish:

Almond Slivers
Pistachio Slivers

Method:

- Heat milk in a pot and when it comes to a boil, add sugar and cook on low heat for 10–15 minutes
- Soak dried dates in ½ cup milk for 20 minutes
- In a wok, heat Dalda Cooking Oil on medium heat for 3–4 minutes and add cardamom. When it pops, add almonds, pistachios and dried dates and fry till golden
- Add vermicelli, stir-fry for 3–4 minutes and add coconut
- Slowly pour the sweetened milk and stir continuously. Cook on low heat for 5–7 minutes

Presentation:

Dish out, garnish and serve.

Tip:

Instead of dried dates, fresh dates can also be used in the same quantity.

Handy Hint

To brighten mehndi's colour, mix it with ground pomegranate peel (anaar ka chilka). Before applying some mehndi, heat a few cloves on a griddle and lightly steam your hands over it.

100 Gajar ka Halwa

Ingredients:

Carrots (grated)	1 kg
Sugar	1 cup
Milk Powder	2 cups
Small Cardamom	3–4
Dalda VTF Banaspati	½ cup

Garnish:

Almond Slivers
Pistachio Slivers
Walnuts

Method:

- Spread carrots in a frying pan and steam them on medium heat for 5–6 minutes so that the water in the carrots dries
- In a wok, slightly heat Dalda VTF Banaspati on medium heat for 2–3 minutes and add cardamom. When it pops, add sugar and stir for 3–4 minutes. When the sugar starts to melt, add carrots and stir well until water in the sugar dries
- Add milk powder a little at a time and stir well on a slightly high flame until banaspati separates. Remove from heat and spread the halwa on a tray

Presentation:

Garnish and serve hot.

Tip:

For added flavour, sprinkle ½ cup khoya on top and serve.

Handy Hint

When making apple juice, add carrot juice to preserve the natural goodness of apples and to keep it from changing colour.

101 Chaney ki Daal ka Halwa

Ingredients:

Gram Lentils	3 cups
Sugar	2 cups
Milk Powder	3 cups
Small Cardamom	3–4
Dalda VTF Banaspati	2 cups

Garnish:

Almonds and Pistachios

Method:

- Wash gram lentils and soak them for 2–3 hours
- In a heavy based pot, boil the gram lentils with 4 cups of water until the water dries and the lentils are tender. Then grind the lentils on a sill or in a food processor
- In a wok, heat 1 cup Dalda VTF Banaspati on medium heat for 3–5 minutes and add cardamom. When it pops, add the ground lentils and stir till fragrant
- Add sugar and mix well. Lower the heat and stir for 10–12 minutes
- Add milk powder a little at a time and stir well. Add the remaining Dalda VTF Banaspati from the side while stirring continuously
- Stir well until banaspati separates and spread the halwa on a tray

Presentation:

Garnish and cut into diamond shapes when cool.

Tip:

To tenderise the gram lentils quickly, soak them in hot water for 2 hours.

Handy Hint

To remove permanent marker stains, rub the stain with a cotton ball dipped in perfume and wash when completely dry.

ADDITIONAL INFORMATION

Weight and Quantity

30 ml	=	1 fl. oz.
125 ml	=	4 fl. oz.
250 ml	=	8 fl. oz.
1000 ml	=	1 litre
1000 gm	=	1 kg
30 gm	=	1 ounce or 2 tbsp
15 gm	=	1 tbsp
250 gm	=	8 oz.
455 gm	=	1 lb
2.2 lb	=	1 kg
16 oz.	=	1 lb
6 oz. sugar	=	1 cup
5 fl. oz. water	=	1 cup
4 oz. plain flour	=	1 cup
1 cup plain flour	=	125 gm
1 cup rice or lentil	=	200 gm
3 tsp	=	1 tbsp
2 tbsp	=	1 fl. oz.
8 tbsp	=	1 cup

List of Ingredients

Almond	بادام	Small Cardamom	چھوٹی الائچی
Alum	پھٹکری	Carrot	گاجر
Aniseed	سونف	Cashew Nut	کاجو
Apricot	خوبانی	Cauliflower	پھول گوبھی
Apple	سیب	Chappati	روٹی
Asafoetida	ہینگ	Cheese	پنیر
Ash Gourd	پیٹھا	Chicken	مرغی
Baby Corn	چھوٹے سائز کے بھٹے	Chick Peas	سفید چنے
Banana	کیلا	Cinnamon	دار چینی
Baking Powder	کھانے کا سوڈا	Citric Acid	ٹاٹری
Barley	جو	Clarified Butter	دیسی گھی
Bay Leaf	تیز پات	Clove	لونگ
Beans	پھلیاں/لوبیہ	Coconut	ناریل
Beef	گائے کا گوشت	Coconut Oil	ناریل کا تیل
Beet Root	چقندر	Cooking Apple	کچا سیب
Betel Nut	چھالیہ	Corn Cob	بھٹا
Bitter Gourd	کریلا	Crab	کیکڑا
Black Pepper	کالی مرچ	Cream	بالائی
Black Gram	کالا چنا	Cucumber	کھیرا
Brain	مغز / بھیجہ	Cumin Seeds	سفید زیرہ
Brinjal	بینگن	Custard Apple	شریفہ
Bread	ڈبل روٹی	Curry Leaf	کڑی پتہ
Bread Crumbs	ڈبل روٹی کا چورا	Dates	کھجور
Broad Beans	سیم کی پھلی	Dasheen	اروی
Butter	مکھن	Dill	سویا
Butter Milk	لسی	Dough	گندھا ہوا آٹا
Cabbage	بند گوبھی	Dried Apricot	سوکھی خوبانی
Capsicum	شملہ مرچ	Dried Mango	امچور
Caraway Seeds	سیاہ زیرہ	Dry Ginger	سونٹھ

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Egg	انڈا	Lentils / Pulses	دالیں
Essence	خوشبو	Lettuce Leaves	سلاد کے پتے
Fenugreek	میتھی	Liver	کلیجی
Fig	انجیر	Mace	جاوتری
Fish	مچھلی	Corn / Maize	مکئی
Flour	میدہ	Maize Flour	مکئی کا آٹا
Fresh Coriander	ہرا دھنیا	Meat	گوشت
Fresh Mint	پودینہ	Milk	دودھ
Garlic	لہسن	Millet Flour	باجرے کا آٹا
Ginger	ادرک	Mincemeat	قیمہ
Gourd	لوکی	Mixed Hot Spices	گرم مصالحہ
Gram Lentil	چنے کی دال	Mushroom	کھمبی
Gram Flour	بیسن	Mustard Seed	رائی
Grapes	انگور	Mutton	بکرے کا گوشت
Gravy	سالن	Mustard Oil	سرسوں کا تیل
Green Beans	پھلی	Nigella Seed	کلونجی
Green Gram	ثابت مونگ	Nutmeg	جائفل
Green Chillies	ہری مرچیں	Oil	تیل
Green Peas	مٹر	Onion	پیاز
Guava	امرود	Onion Seeds	کلونجی
Honey	شہد	Olive	زیتون
Icing Sugar	پسی ہوئی چینی	Olive Oil	زیتون کا تیل
Jaggery	گڑ	Oregano Seed	اجوائن
Kewra Essence	کیوڑہ ایسنس	Papaya	پپیتا
Khoya	کھویا	Peanut	مونگ پھلی
Kidneys	گردے	Pineapple	انناس
Lady Finger	بھنڈی	Pistachio	پستہ
Lemon	لیموں	Pickle	اچار
Lemon Rind	لیموں کا چھلکا	Pomegranate	انار

Pomfret	پاپلیٹ مچھلی
Poppy Seed	خشخاش
Porridge	دلیہ
Potato	آلو
Prawns	جھینگے
Plum	آلو بخارہ
Pumpkin	میٹھا کدو
Radish	مولی
Raisin	کشمش
Red Chilli	لال مرچ
Red Lentil	لال مسور کی دال
Rice	چاول
Roasted Gram	بھنے ہوئے چنے
Rose Essence	گلاب کا عرق
Raw Mango	کیری
Saffron	زعفران
Sago	ساگودانہ
Salt	نمک
Semolina	سوجی
Sesame Seeds	تل
Stock	یخنی
Spinach	پالک
Spring Onion	ہری پیاز
Sugar	چینی
Sweet Corn	ٹن میں محفوظ کئے ہوئے مکئی کے دانے
Sweet Potato	شکر قند
Sugar Syrup	شیرہ/چاشنی
Tamarind	املی
Tomato	ٹماٹر
Trotter	پایا
Turmeric	ہلدی
Turnip	شلجم
Veal	بچھڑے کا گوشت
Vegetable	سبزی/ترکاری
Vermicelli	سویاں
Vinegar	سرکہ
Walnut	اخروٹ
Water	پانی
Water Melon	تربوز
Wheat Flour	گیہوں کا آٹا
Wheat	گیہوں/گندم
White Lentil	ماش کی دال
White Pepper	سفید مرچ
Yeast	خمیر
Yellow Food Color	زردے کا رنگ
Yogurt	دہی
Egg Yolk	انڈے کی زردی
Zucchini	توری

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Body Mass Table

	Normal						Overweight					Obese										Extreme Obesity																			
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54				
Height (Inches)	Body Weight (pounds)																																							
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258				
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267				
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276				
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285				
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295				
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74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420				
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431				
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443				

To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight (in pounds). The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off.

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report

How to Use a Body Mass Table

Body Mass Table is a modern method of indicating your fitness level in accordance with your height and weight. To use the body mass table given opposite, follow the row in which your height (in inches) is given until you reach the column with your weight (in pounds).

☐ If your weight is in the white zone...	Your weight is normal
If your weight is in the green zone...	You are overweight. You should be careful about your diet intake
If your weight is in the yellow zone...	You are obese. You should consult a doctor or nutritionist
If your weight is in the red zone...	You are extremely obese. You should contact a doctor or nutritionist and strictly follow the given instructions

If your weight is less than what is given in the table, then you are underweight and should start a diet that is high in calories and protein.

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Acknowledgements

It has taken a great deal of effort and hard work to produce a refreshingly different and unique book such as the Dalda Cookbook Gold Edition. We have included the latest tips and cooking techniques and chosen select recipes from the previous editions, altering them to match your needs and have made them a part of the Gold Edition.

Dalda's journey from Dalda Cookbook's inception to the present day Gold Edition would have been impossible without the contributions of the people mentioned below:

Photography	Khursheed Masood / Dodi Motiwala
Food Presentation	Sarwat Abbasi / Promaila Khanna
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Nutritionist	Shabnam Razi
Support & Coordination	Shaza Bari / Abbas Rahim

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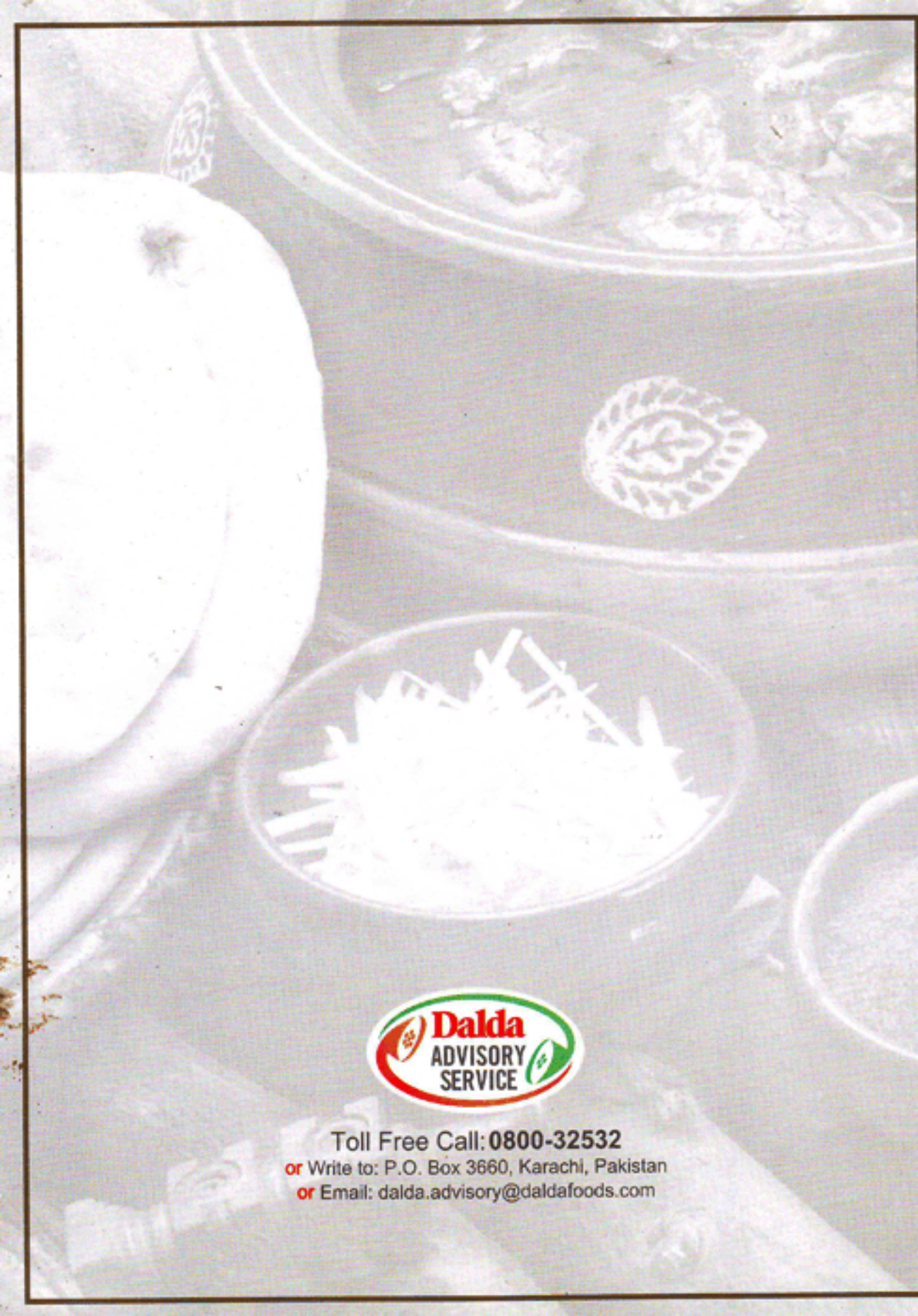
The Dalda Advisory Service team looks forward to knowing your thoughts about the Dalda Cookbook Gold Edition. For your views and reviews, call our toll-free number 0800 - 32532 from 9 am to 5 pm Monday-Saturday, or mail us at Dalda P.O. Box 3660 Karachi, or email us at dalda.advisory@daldafoods.com.

Thank you

DALDA ADVISORY SERVICE TEAM



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